

## **ARE IMPULSE CONTROL DISORDERS (ICD) A REAL PROBLEM IN PD: YES**

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Impulse control disorders (ICDs) typically involve pleasurable behaviours that are performed repetitively, excessively, and compulsively, and to an extent that interferes in major areas of life functioning. ICDs have been conceptualized as “behavioural” addictions“ and there is increasing evidence and awareness that ICDs, including compulsive gambling, buying, sexual, and eating behaviours, can occur as a behavioural complication of Parkinson’s disease (PD). In a large study including more than 3000 medicated PD patients an ICD was identified in 13.6% of them. Dopamine agonist (DA) treatment in PD was associated with 2- to 3.5-fold increased odds of having an ICD compared to patients not taking DAs. In addition to behavioural problems that interfere with daily activities and life, a range of cognitive impairments have been reported in PD ICD patients, most commonly executive deficits, including impulsive decision-making. ICDs are difficult to manage, many patients do not want or tolerate DA discontinuation, and a DA withdrawal syndrome was described in some ICD patients discontinuing DA treatment, characterized by anxiety, dysphoria, autonomic changes, and medication craving.