

# COULD YOUR CRYING OR LAUGHING BE PSEUDOBULBAR AFFECT (PBA)?

Use this discussion guide to help start the conversation with your doctor at your next appointment.

## What is PBA?

PBA is a medical condition that causes involuntary, sudden, and frequent episodes of laughing or crying in people with certain neurologic conditions or brain injury.

PBA occurs with other neurologic conditions or brain injury.	What are your symptoms?								
<p><b>Have you been diagnosed with any of the following underlying condition(s)? Choose all that apply.</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Stroke</li><li><input type="checkbox"/> Alzheimer's disease or dementia</li><li><input type="checkbox"/> Traumatic brain injury (TBI)</li><li><input type="checkbox"/> Parkinson's disease</li><li><input type="checkbox"/> ALS (amyotrophic lateral sclerosis)</li><li><input type="checkbox"/> MS (multiple sclerosis)</li><li><input type="checkbox"/> Other neurologic condition</li></ul> <hr/> <p><b>Date of event or diagnosis:</b></p> <hr/> <p><b>Describe any additional details about your underlying condition:</b></p> <hr/>	<p><b>I experience uncontrollable outbursts of emotions that display as:</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Laughing</li><li><input type="checkbox"/> Crying</li><li><input type="checkbox"/> Both</li><li><input type="checkbox"/> Describe additional details about your laughing or crying symptoms:</li></ul> <hr/> <hr/> <p><b>Would you describe your episodes or symptoms as any of the following?</b></p> <table border="0"><tr><td><input type="checkbox"/> Disruptive</td><td><input type="checkbox"/> Incongruent with mood (<i>Not matching with how you feel</i>)</td></tr><tr><td><input type="checkbox"/> Embarrassing</td><td><input type="checkbox"/> Sudden</td></tr><tr><td><input type="checkbox"/> Exaggerated (<i>longer or more intense than usual</i>)</td><td><input type="checkbox"/> Uncomfortable</td></tr><tr><td><input type="checkbox"/> Frequent</td><td><input type="checkbox"/> Uncontrollable</td></tr></table> <p><input type="checkbox"/> Describe any additional details about your symptoms:</p> <hr/> <hr/>	<input type="checkbox"/> Disruptive	<input type="checkbox"/> Incongruent with mood ( <i>Not matching with how you feel</i> )	<input type="checkbox"/> Embarrassing	<input type="checkbox"/> Sudden	<input type="checkbox"/> Exaggerated ( <i>longer or more intense than usual</i> )	<input type="checkbox"/> Uncomfortable	<input type="checkbox"/> Frequent	<input type="checkbox"/> Uncontrollable
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## The first and only FDA-approved treatment for PBA.

PBA is distinct and different from other types of emotional changes caused by neurologic disease or injury.

NUEDEXTA is only available by prescription.

### IMPORTANT SAFETY INFORMATION:

#### Before you take NUEDEXTA, tell your doctor:

- If you are taking monoamine oxidase inhibitors (MAOIs), quinidine, or quinidine-related drugs. These can interact with NUEDEXTA causing serious side effects. MAOIs cannot be taken within 14 days before or after taking NUEDEXTA.

Please see additional Important Safety Information on the following pages.

**NUEDEXTA**<sup>®</sup>  
(dextromethorphan HBr and 20 mg  
quinidine sulfate) capsules 10 mg

## Episodes or symptoms description:

When were your episodes or symptoms first experienced?

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Average number of episodes you experience per day or per week:

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Most recent number of episodes you've experienced in one week:

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Average duration of episodes:

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Are your episodes increasing in frequency or severity?

Yes                       No                       Unsure

Episodes appear to be triggered by:

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Current or previous method of managing episodes:

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How are episodes impacting you?

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What additional concerns or considerations are important to share?

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## How is PBA different from depression?

PBA and depression have overlapping symptoms; and PBA often occurs with depression. However, they are different conditions that should be diagnosed and managed separately. Check the symptoms that apply to you:

### PBA is a neurologic condition.

- Your crying is inconsistent with how you feel. It doesn't match your mood or seems exaggerated.
- Your crying is uncontrollable.
- Your crying happens frequently and suddenly and may be brief.

### Depression is a mental health condition.

- Your crying matches how you feel. In other words, you cry because you're sad.
- Your crying is mostly controllable, and you can stop when your mood changes.
- Your crying starts and ends based on your mood.

Formal diagnosis of PBA or depression can only be made by a qualified healthcare professional (HCP). These are not all of the diagnostic features or symptoms of depression or PBA. PBA occurs in the context of a neurologic condition or injury affecting the brain and is not explained by other causes, such as medication use.

## IMPORTANT SAFETY INFORMATION (continued):

### Before you take NUEDEXTA, tell your doctor:

- If you have previously had an allergic reaction to dextromethorphan, quinidine or quinidine-like drugs.
- About all medicines, herbal supplements, and vitamins you take as NUEDEXTA and certain other medicines can interact causing side effects.

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## What screening tools are available to help evaluate for PBA?

The Center for Neurologic Study-Lability Scale (CNS-LS) was developed by healthcare professionals to identify and measure symptoms that suggest PBA. It does not diagnose PBA and is not intended to substitute for professional medical assessment or advice. Please consult with your doctor.

<b>Never</b> <b>1</b>	<b>Rarely</b> <b>2</b>	<b>Occasionally</b> <b>3</b>	<b>Frequently</b> <b>4</b>	<b>Most of the time</b> <b>5</b>
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Using the scale above, please write the number that describes the degree to which each item applies to you during the past week.<sup>1</sup> Write only 1 number for each item.<sup>1</sup>

ASSESSMENT QUESTIONS		ANSWER (1-5)
1	There are times when I feel fine one minute, and then I'll become tearful the next over something small or for no reason at all.	
2	Others have told me that I seem to become amused very easily or that I seem to become amused about things that really aren't funny.	
3	I find myself crying very easily.	
4	I find that even when I try to control my laughter, I am often unable to do so.	
5	There are times when I won't be thinking of anything happy or funny at all, but then I'll suddenly be overcome by funny or happy thoughts.	
6	I find that even when I try to control my crying, I am often unable to do so.	
7	I find that I am easily overcome by laughter.	

In studies, scores of 13 or higher were more likely to suggest PBA.<sup>1</sup>

\* This score does not diagnose PBA, and lower or higher scores can occur in persons with and without PBA. Only your doctor can determine if you have PBA.

**Reference:** 1. Moore SR, Gresham LS, Bromberg MB, Kasarkis EJ, Smith RA.

A self report measure of affective lability. *J Neurol Neurosurg Psychiatry.* 1997;63(1):89-93.

**TOTAL  
SCORE\*:**

### Resources



About  
PBA



For your  
Doctor's  
Appointment



Treatment  
Efficacy



Savings

### IMPORTANT SAFETY INFORMATION (continued):

#### Before you take NUEDEXTA, tell your doctor:

- If you have had heart disease or have a family history of heart rhythm problems. NUEDEXTA may cause serious side effects, including changes in heart rhythm. If you have certain heart problems, NUEDEXTA may not be right for you. Your doctor may test your heart rhythm (heartbeats) before you start NUEDEXTA.
- If you have myasthenia gravis.

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## Post-Assessment Discussion

If I have PBA, what treatment options are available?

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Would I be a good candidate for NUEDEXTA® (dextromethorphan HBr and quinidine sulfate)?

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Can you please tell me how NUEDEXTA works and about any side effects?

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Is NUEDEXTA covered by my insurance?

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What is the dosing for NUEDEXTA, and what should I expect when starting the medication?

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What additional concerns or considerations are important to share?

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### IMPORTANT SAFETY INFORMATION (continued):

#### While taking NUEDEXTA, call your doctor right away:

- If you feel faint or lose consciousness.
- If you experience lightheadedness, chills, fever, nausea, or vomiting as these may be signs of an allergic reaction to NUEDEXTA. Hepatitis has been seen in patients taking quinidine, an ingredient in NUEDEXTA.
- If you have unexplained bleeding or bruising. Quinidine, an ingredient in NUEDEXTA, can cause a reduction in the number of platelets in your blood which can be severe and, if left untreated, can be fatal.
- If you feel dizzy, since it may increase your risk of falling.
- If you have muscle twitching, confusion, high blood pressure, fever, restlessness, sweating, or shivering, as these may be signs of a potential drug interaction called serotonin syndrome.

**The most common side effects of NUEDEXTA include** diarrhea, dizziness, cough, vomiting, weakness, and swelling of feet and ankles. This is not a complete list of side effects. Tell your doctor about any side effect that bothers you or does not go away.

You are encouraged to report side effects of NUEDEXTA® (dextromethorphan HBr and quinidine sulfate). Please contact Otsuka America Pharmaceutical, Inc. at 1-800-438-9927 or FDA at 1-800-FDA-1088 ([www.fda.gov/medwatch](http://www.fda.gov/medwatch)).

#### INDICATION:

NUEDEXTA is approved for the treatment of Pseudobulbar Affect (PBA).

PBA is a medical condition that causes involuntary, sudden, and frequent episodes of crying and/or laughing in people living with certain neurologic conditions or brain injury. PBA episodes are typically exaggerated or don't match how the person feels. PBA is distinct and different from other types of emotional changes caused by neurologic disease or injury. NUEDEXTA is only available by prescription.

**Please read FULL PRESCRIBING INFORMATION at [NUEDEXTA.com/PI](http://NUEDEXTA.com/PI).**

**Please see additional Important Safety Information on the previous pages.**