

WHAT IS PBA?

PBA (Pseudobulbar Affect) is a medical condition causing sudden, frequent, uncontrollable crying and/or laughing that doesn't match how you feel.



PBA can happen in people living with a brain injury or certain neurologic conditions including:

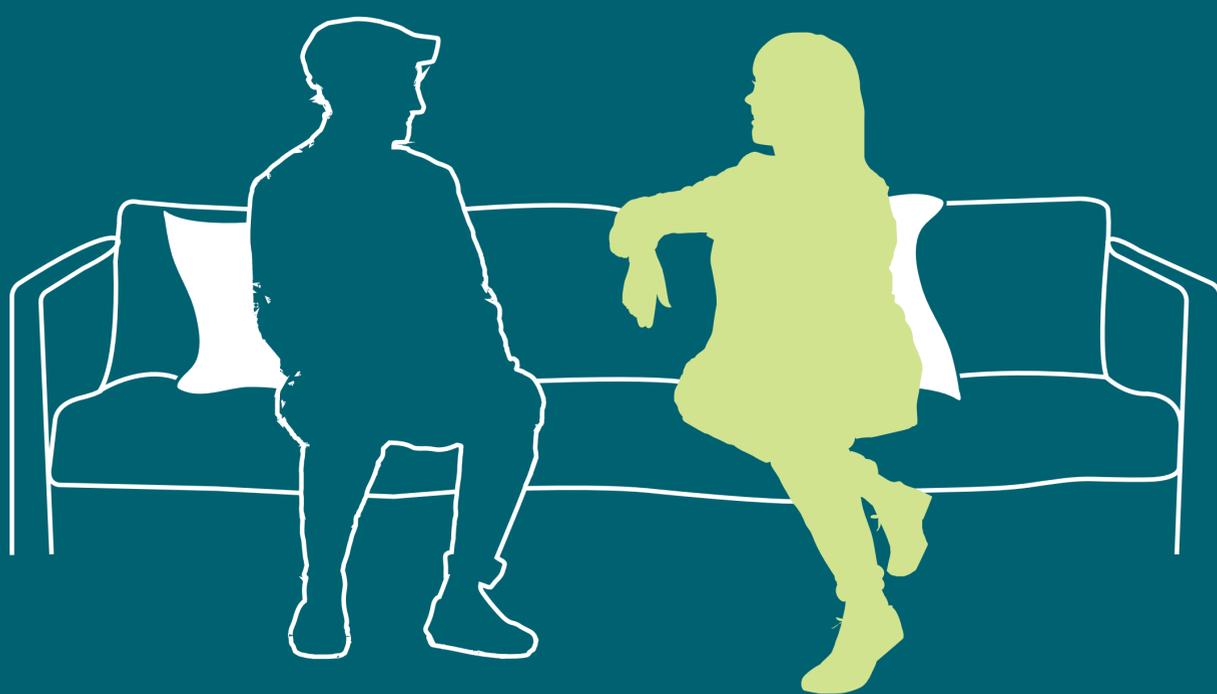
- **TBI** (*Traumatic Brain Injury*)
- **Alzheimer's Disease/Dementia**
- **Stroke**
- **MS** (*Multiple Sclerosis*)
- **ALS** (*Lou Gehrig's Disease*)
- **Parkinson's Disease**

TALKING TO A LOVED ONE

WHERE TO BEGIN

**“I’m worried that
I cry uncontrollably
for no reason.”**

**“I’ve noticed your
laughing doesn’t always
match the situation.”**



**Clear and honest communication
will help you move forward together.**



TALKING TO A LOVED ONE

LET'S TALK SYMPTOMS

HAVE YOU NOTICED ANY OF THESE?

Crying and/or laughing that:

- Started happening after a diagnosis of a certain neurologic condition or brain injury
- Is sudden, frequent, or uncontrollable
- Doesn't match how you feel



Write down your symptoms and share them with your doctor.

TALKING TO A LOVED ONE

YOUR DAILY ROUTINE

Has the unpredictability of your crying and/or laughing affected your daily routine—for fear of having a PBA episode?



Since **PBA** can happen as a result of certain neurologic conditions or a brain injury, discuss how you are coping with managing multiple symptoms.

Talk about how these symptoms may impact your daily routine.



TALKING TO YOUR DOCTOR

MAKE A PLAN

**What are your goals
for your next doctor's
appointment?**



**Make a plan and be ready to
advocate for yourself.**



TALKING TO YOUR DOCTOR

STICK TO THE FACTS

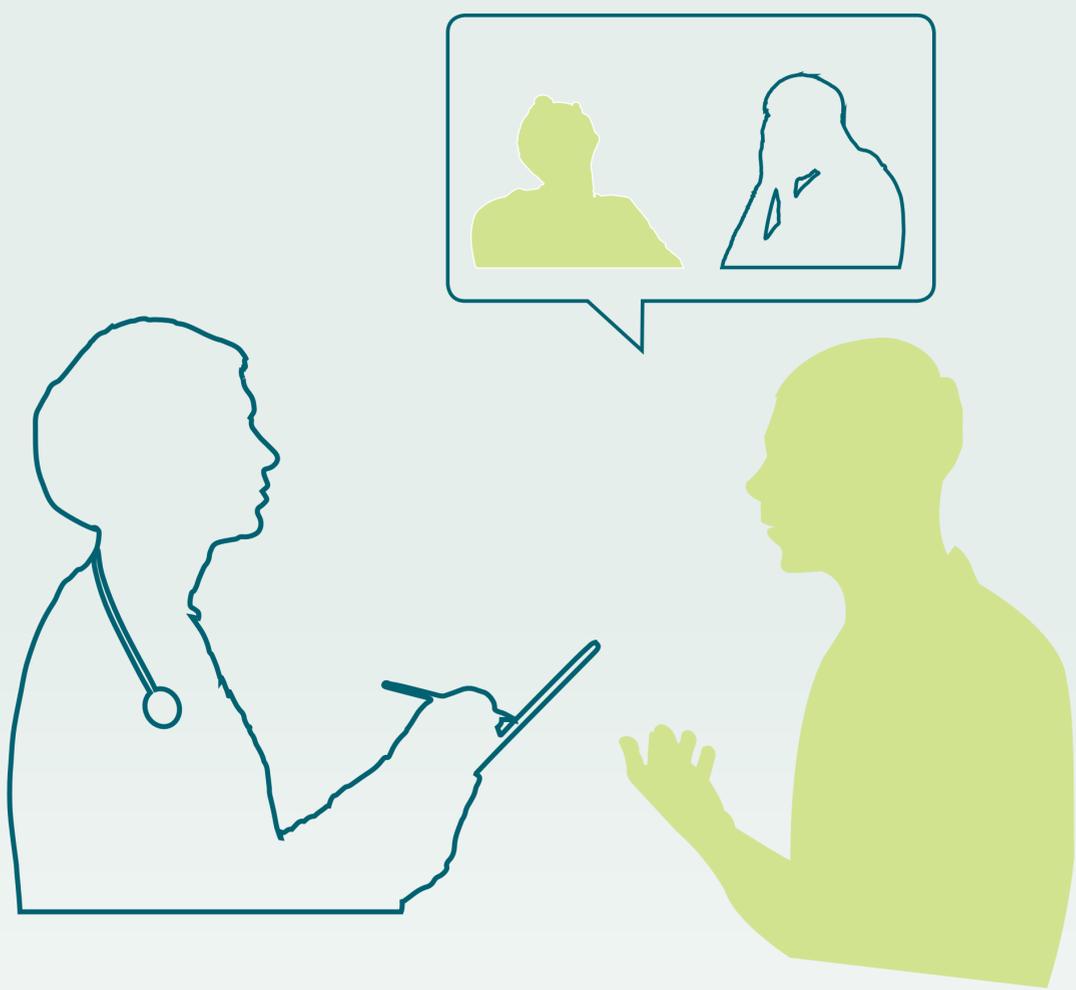
- Does your laughing and/or crying not match how you feel?
- How often do your crying and/or laughing episodes occur?



Tell your doctor about your symptoms and the frequency of your PBA episodes.



PBA IS NOT DEPRESSION



KEEP IN MIND:

- With depression, outward expressions match feelings
- Crying, if present, may be voluntarily controlled
- You could be suffering from depression as well as PBA and both should be managed separately

TALKING TO YOUR DOCTOR

TALKING TO YOUR DOCTOR

- Write down your symptoms and share the list with your doctor
- Bring a caregiver or loved one to your appointment to support you
- Explain how crying and/or laughing episodes may be impacting your daily routine



Work with your doctor to ensure your crying and/or laughing more often matches how you feel.



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