

# 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:

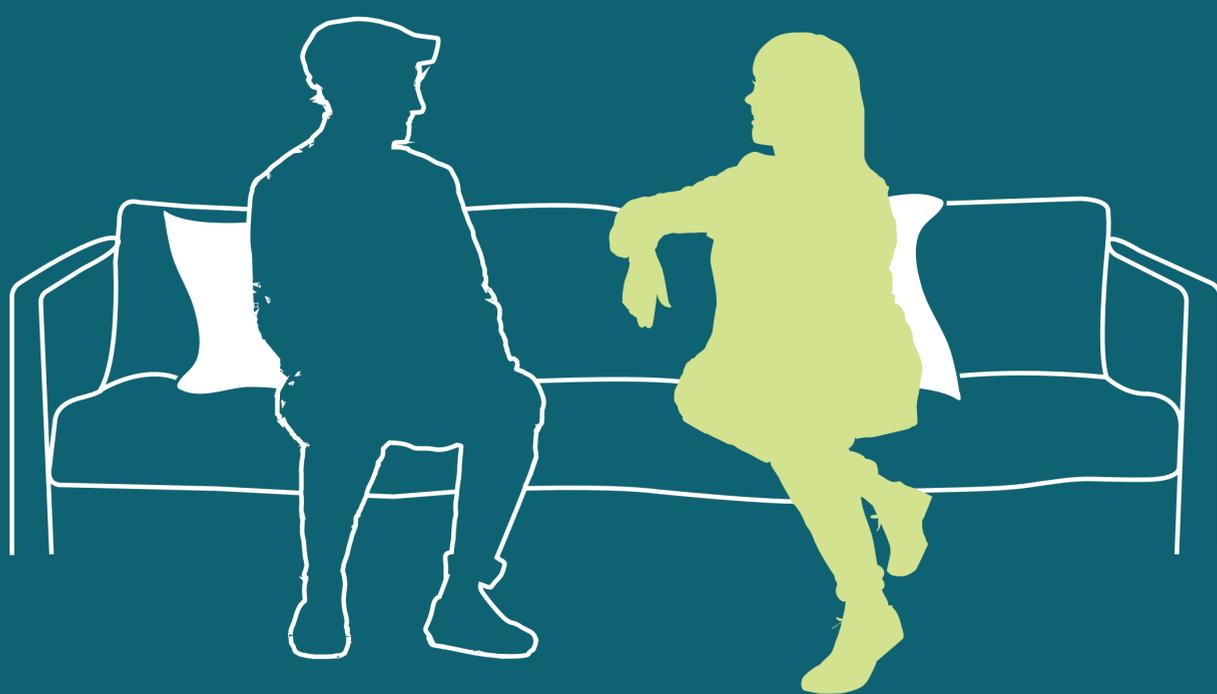
- **TBI** (*Traumatic Brain Injury*)
- **Alzheimer's Disease/Dementia**
- **Stroke**
- **MS** (*Multiple Sclerosis*)
- **ALS** (*Lou Gehrig's Disease*)
- **Parkinson's Disease**

**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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