

Non-motor symptoms burden in motor-fluctuating patients with Parkinson's disease may be alleviated by safinamide: the VALE-SAFI study

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Objective: The present study aimed to explore the effect of safinamide treatment on NMS and quality of life in motor-fluctuating PD patients.

Background: Parkinson's disease (PD) is characterized by motor symptoms often experienced in concomitance with non-motor symptoms (NMS), including depression, apathy, pain, sleep disorders, and urinary dysfunction.

Methods: VALE-SAFI is an observational single-centre study in fluctuating PD patients starting safinamide treatment. The effects of safinamide on NMS, sleep, fatigue, depression and pain were assessed through validated scales. Changes in the scales from baseline (T0) to 6-month follow-up (T1) were analysed.

Results: 60 PD patients (66.67% males) were enrolled at baseline. and 45 patients completed the 6-month follow-up. PD patients improved motor symptoms at follow-up, with the significant reduction of motor fluctuations. The global score of the NMS Scale significantly decreased between baseline and the follow-up. Regarding pain domains, patients' reported a significant improvement in discolouration and oedema/swelling. Further, a significant improvement was observed from baseline to follow-up in sleep quality measured through the Pittsburgh Sleep Quality Index, while no changes were documented in daytime sleepiness. No differences were found in depression and fatigue between baseline and follow-up. Finally, the patient's perception of the impact of PD on functioning and well-being decreased from baseline to follow-up.

Conclusions: The present findings confirmed the positive effect of safinamide on both motor and non-motor symptoms, improving also the quality of life of PD patients. Furthermore, these data support the beneficial effects of safinamide on pain and mood, as well as on sleep quality and continuity.