

## 5 FACTS ABOUT PBA

*Despite years of research, there is still confusion and misinformation surrounding PseudoBulbar Affect (PBA). If you suspect that you or a loved one may be affected. The first step towards treatment is an accurate diagnosis, so be sure to talk to your doctor.*

- 1 Typically, PBA occurs secondary to a neurological disorder or brain injury.** PBA is commonly found in patients with a stroke, amyotrophic lateral sclerosis (ALS), multiple sclerosis (MS), traumatic brain injury (TBI), Alzheimer's disease or Parkinson's Disease.
- 2 Studies have found that nearly 7.1 million Americans have symptoms** typically associated with PBA.
- 3 PBA is often confused with depression.** However, PBA is a neurological disorder, meaning that it is caused by damage to the nervous system. It is different from psychological disorders like depression and bipolar disorder that are related to a person's emotional and mental state. Because sudden emotional outbursts can be a symptom of several conditions, it is important to visit a doctor receive a proper diagnosis.
- 4 PBA episodes - including uncontrollable laughter and involuntary crying - are unpredictable.** They can occur at any time and last several seconds or minutes. Many times, these episodes can happen at inappropriate times and can cause the person and/or their caregivers to feel embarrassed and confused.
- 5 There are ways to manage PBA.** If you talk with your doctor, they can help determine which treatments may work best for you. Prior to meeting with your doctor, keep a diary to track your episodes. Remember to include if something triggered the episode, if the episode was consistent with your actual feelings at the time, and how long the episode lasted.