



WOMEN'S HEALTH
Beyond the Annual Visit



Narcolepsy: Awakening to a New Day in Its Management

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Learning Objectives

- After participating in this educational activity, participants should be better able to:
 - Describe the symptoms, basis for referral, and diagnostic testing for narcolepsy
 - Evaluate the efficacy and safety of available and emerging therapies in improving outcomes for patients with narcolepsy
 - Define the strategies by which patients and clinicians can more effectively communicate about the goals of treatment and utilize a shared decision-making approach to optimize therapeutic outcomes

Constellation of Narcolepsy Symptoms

- Cardinal symptom: daytime sleepiness
 - Need to have naps, both voluntary and involuntary (sleep attacks)
- Cataplexy
 - Brief, sudden loss of muscle ability or control
 - Brought on by strong emotion
 - > Laughter/surprise/anger
- Hypnagogic hallucinations
 - Vivid dreamlike experiences during awake-to-sleep transition
 - Easily mistaken for primary psychiatric disorder
- Sleep paralysis
 - Lying in bed and unable to move
- Disturbed nocturnal sleep



Narcolepsy Diagnostic Nosologies

- International Classification of Sleep Disorders (ICSD) & Diagnostic and Statistical Manual of Mental Disorders (DSM-5)
- ICSD
 - Narcolepsy type 1 (with cataplexy)
 - Narcolepsy type 2 (without cataplexy)
 - Mandates sleep study
- DSM-5
 - Narcolepsy: should have cataplexy
 - Does not mandate sleep studies
- Sleep studies
 - May not be available
 - May result in false negative result

