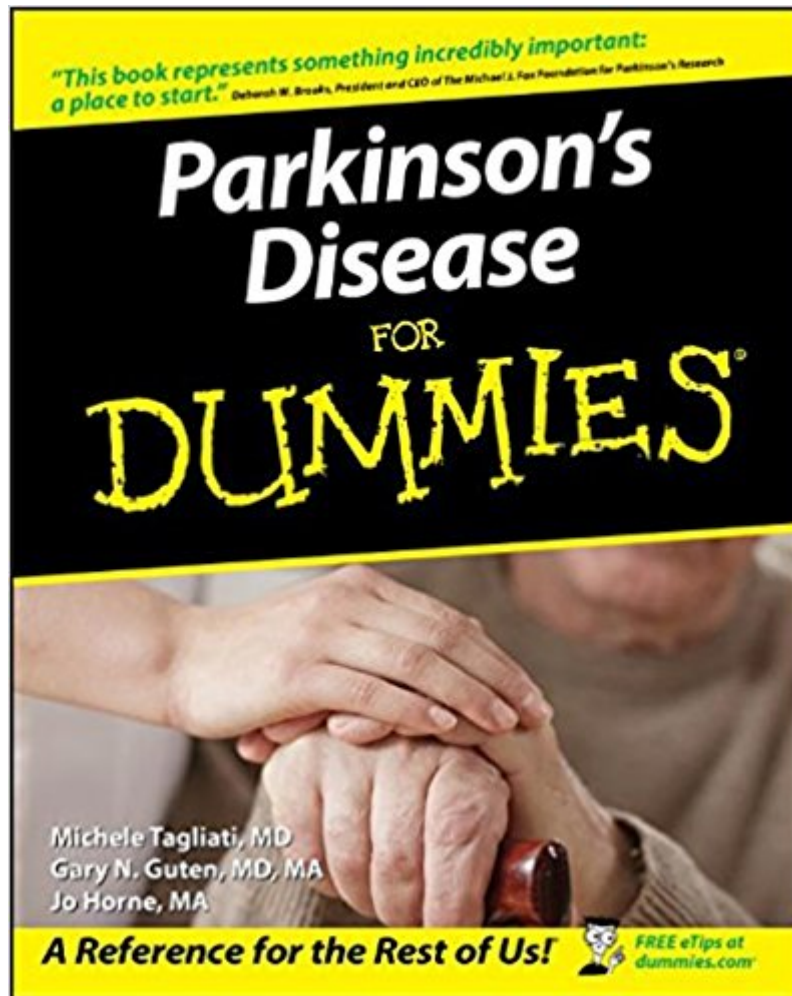




The book was found

Parkinson's Disease For Dummies



Synopsis

If you or someone you love has been diagnosed with Parkinson's Disease you're probably wrestling with fear, despair, and countless questions about the future. It's brighter than you think. In Parkinson's Disease for Dummies, you'll discover how to keep a positive attitude and lead an active, productive life as this user-friendly, guide pilots you through the important steps toward taking charge of your condition. It helps you:

- Make sure you have an accurate diagnosis
- Assemble and work with your health care team
- Inform others about your condition
- Choose the most effective medications
- Establish a diet and exercise regimen
- Consider surgical options, alternative therapies, and clinical trials
- Maintain healthy personal and professional relationships
- Adjust your routine as your PD progresses

This one-stop resource provides proven coping skills, first-hand advice, and practical tools, such as worksheets to assess care options, questions to ask doctors, and current listings of care providers.

Book Information

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Customer Reviews

"This book represents something incredibly important: a place to start." Deborah W. Brooks, President and CEO of The Michael J. Fox Foundation for Parkinson's Research Use medications safely and effectively Get an accurate diagnosis, evaluate treatment options, and manage Parkinson's disease This positive, straightforward guide offers proven techniques for finding the right doctors, coping with daily issues, and providing care as the disease progresses. The authors cover young onset Parkinson's disease, and detail ways to keep your mind sharp, your body in shape, your stress under control; and live a full, satisfying life. "We commend

[this book's] emphasis on tenets that we at The Michael J. Fox Foundation strive to incorporate into our work: an action orientation, a problem-solving mentality, and the distillation of a great deal of complicated information into clear, logical next steps." — Deborah W. Brooks, President and CEO of The Michael J. Fox Foundation for Parkinson's Research

Discover how to: Assemble a top-notch healthcare team
Feel better with diet and exercise
Maintain your independence
Manage your symptoms on the job
Pursue alternative therapies
Handle later-stage symptoms
Get Smart!

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Parkinson's Disease (PD) is only one of several afflictions involving degeneration of nerve cells. It is a slow moving disorder and a great deal can be done to extend the period of normalcy. If you or a loved one have any signs or symptoms that might be caused by PD, you should consult this general reference before you even consult your primary care physician. That is my suggestion for those with mild symptoms that go away within a few days. If symptoms last more than a week, arrange to meet with your doctor. Starting with a list of symptoms and signs to look for, this book also covers various other possible diseases. Current treatment for PD are covered. They include drugs used, diet considerations, exercises, and possible surgery to treat PD. Even alternative therapies are covered. While a cure for PD does not exist, it is very treatable. Research is ongoing, and much can be done to greatly reduce suffering and extend the period of relative normalcy. This book contains a great deal of useful information.

The reader will gain a thorough understanding of Parkinson disease and related subjects if close attention is paid to the contents of this book. The "Dummies" books have been one of my main sources for information on a variety of subjects. This book continues that tradition.

This book is so good for the person who has just been diagnosed with Parkinson's disease as well as for their care giver to read. As a matter of fact our Parkinson's support group found it to be so good that we got a grant to purchase enough books to give to all of our county libraries.

I made up a flash drive of our many trips over the years and gave this player and the photo file to my husband for his desk. He loves it. I may have to show him how to set the display times as my cat has triggered the display in the middle of the night by jumping onto his desk. I think she likes to watch it when we are asleep. It's a great size with great resolution and easy to set up options.

Although the title ("For Dummies") is not my favorite...the book is wonderful. It gives so many helpful thoughts and ideas. The description of Parkinson's Disease is very down to earth (and caused me to set the book aside for a day or so) but the book is also ENCOURAGING!!!

An excellent book. I have two other books on PD but none were as helpful as this one. PD for Dummies explains in 'common' language most all of the questions you will have. I originally got this in eBook form but found I couldn't jump between chapters so ordered the paperback. I highly recommend this book if you have a family member or friend who has Parkinson's.

My mother has Parkinson's. She wanted a book to help her understand her disease more thoroughly. As she read this book it made her feel as if they understood her. She had been going through some of the motions feeling as if she was the only person to ever experience this. This book is in depth but simple enough to understand. We would recommend this to anyone who has this disease or is a care provider.

As one who has been diagnosed with Parkinson's and who has read virtually everything written after 2010, this is the best text out. Covers all aspects in a meaningful way with the expected sense of humor and light hearted way where appropriate. Highly recommend anyone who has been diagnosed with PD and their partners read this one and keep it nearby..

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Everything You Need to Know About Caregiving for Parkinson's Disease (Everything You Need to Know About Parkinson's Disease) (Volume 2) A Parkinson's Primer: An Indispensable Guide to Parkinson's Disease for Patients and Their Families The Muhammad Ali Parkinson Center 100 Questions & Answers About Parkinson Disease (100 Questions & Answers) Parkinson's Humor - Funny Stories about My Life with Parkinson's Disease Cook Well, Stay Well with Parkinson's Disease - Super Foods for Super People with Parkinson's Parkinson's Disease For Dummies Gum Disease Cure (Gum Disease Cure, Periodontal Disease, Gum Disease, Gum Infection, Gingivitis

treatment, Tooth Decay) The Gum Disease Cure: How I cured Periodontal Disease in 2 months (Gum Disease Periodontal Disease Periodontitis Receding Gums) Kidney Disease: for beginners - What You Need to Know About Chronic Kidney Disease: Diet, Treatment, Prevention, and Detection (Chronic Kidney Disease - Kidney Stones - Kidney Disease 101) Delay the Disease -Exercise and Parkinson's Disease (Book) Essential Kidney Disease Cookbook: 130 Delicious, Kidney-Friendly Meals To Manage Your Kidney Disease (CKD) (The Kidney Diet & Kidney Disease Cookbook Series) The Ultimate Guide to Crohn's Disease and Ulcerative Colitis: How To Cure Crohn's Disease and Colitis Through Diet and Exercise (Health, IBD, Irritable Bowel Syndrome, Colitis, Crohn's Disease) Chronic Kidney Disease: The Essential Guide To CKD - Learn Everything You Need To Know About Chronic Kidney Disease (Chronic Kidney Disease, Kidney Stones, CKD) Everything You Need To Know About Parkinson's Disease With Shaking Hands: Aging with Parkinson's Disease in America's Heartland (Studies in Medical Anthropology) Yoga Therapy for Parkinson's Disease and Multiple Sclerosis Parkinson's Disease and Multiple Sclerosis Don't Actually Exist The New Parkinson's Disease Treatment Book: Partnering with Your Doctor To Get the Most from Your Medications 10 Breakthrough Therapies for Parkinson's Disease: English Edition Parkinson's Disease: A Complete Guide for Patients and Families (A Johns Hopkins Press Health Book)

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