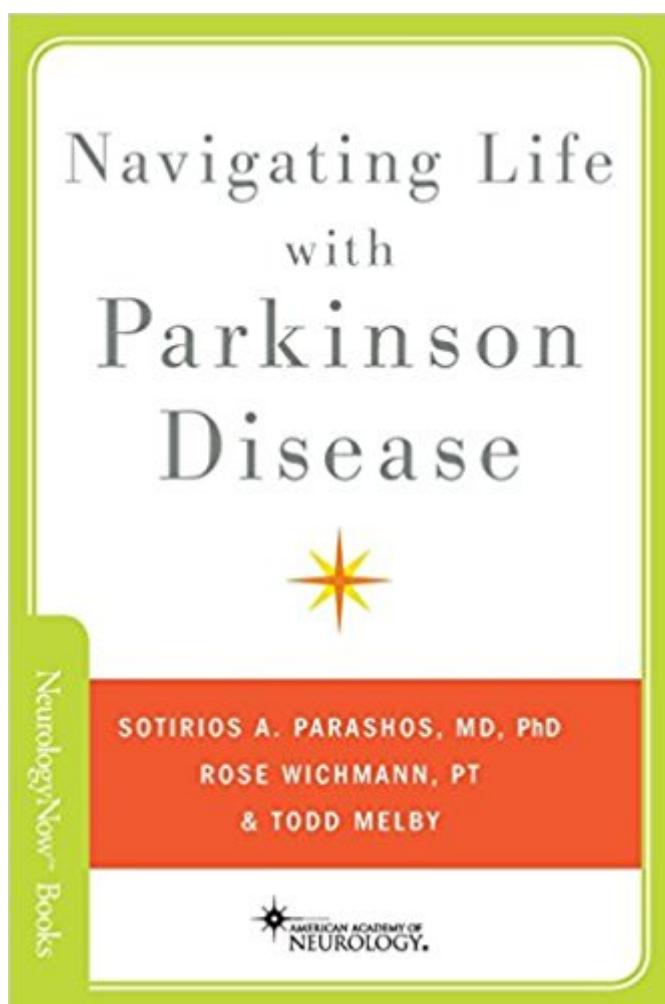


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# **Navigating Life With Parkinson Disease (Neurology Now Books)**



## **Synopsis**

Here is a marvelous guide for anyone affected by Parkinson's disease--patients, caregivers, family members, and friends. Containing the most up-to-date information on the disease, one of the most common neurological disorders, it discusses the available treatments and provides practical advice on how to manage the disease in the long term. Emphasizing life-style adjustments that will provide a better quality of life and moderate the burden for patients and their loved ones, the book answers many questions and clarifies misunderstandings regarding the disease. Written by two experts on Parkinson's disease and a freelance journalist, the book is approachable and easily understandable. Question and answer sections are provided, while "hot topics" are highlighted for easy visibility. The authors have also included true patient stories that will both inspire and instruct, and they have addressed several topics often not mentioned in physician-directed disease management, such as how to talk to family and friends about one's life with Parkinson's.

## **Book Information**

Series: Neurology Now Books

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## **Customer Reviews**

"It will be especially helpful to the newly diagnosed and to their partners, family members, friends, and colleagues." --PD Community Blog

Sotirios Parashos, MD, PhD, is Chair of Medical Research at the Struthers Parkinson's Center of the Park-Nicollet Methodist Hospital in Golden Valley, Minnesota, a National Parkinson Foundation

Center of Excellence, and Adjunct Associate Professor at the University of Minnesota, Twin Cities. Rose Wichmann, PT, is a physical therapist and manager of the Struthers Parkinson's Center in Golden Valley, Minnesota, part of Park Nicollet Health Services. Todd Melby is a reporter, radio journalist, and writer. He is a senior producer at 2 below zero, a non-profit dedicated to producing documentaries.

I am always looking for new/better ways to adapt to my Parkinsons. This book has some of the newer research as well as many helpful ways to make my life easier. I strongly recommend it.

This book was a big help in understanding a very complicated disease. Answers lots of questions about what to expect as the disease progresses.

We want as much info on the disease as possible. This book has info on most every question we have had. I would recommend it to anyone who lives with the disease either as a patient or care partner.

Items shipped as promised and were exactly as advertised. Very happy with transaction

This text is very readable but does not talk down to the reader. It covers everything one could ask about Parkinson's Disease. I bought it because I have the disease and wanted to know more. I learned a great deal. I'm afraid it will be outdated very soon since so much is coming to light with recent research. I think this a good book for care givers, as well as newly diagnosed and those who have been diagnosed a while ago and are still looking for answers.

Great book for understanding what lies ahead for someone newly diagnosed with Parkinson's Disease. I work with many people with PD and we have found this to be easy to read and understand and a great reference.

I'm not a neurologist and I don't aspire to be one, but having a significant other with diagnosed Parkinson Disease (Stage 5) had me searching any and all literature that I could put my eyes to so I could make some sense of the what was going on and perhaps get a small glimpse of what I can expect in the future, as a care giver. The book is easy to read and follow and has enough technical data to help me understand why things are progressing as they are. It has been a big help for me

and I'm always going back-and-forth reading and learning. This book, has been an excellent resource companion for me, alongside of "Parkinson's Disease for Dummies."

My father-in-law was recently diagnosed with Parkinson Disease. This is our first experience with this disease in our family, and I actually happened on this book at our local library, read it, and then ordered one for us to keep and one for my in-laws. It's informative, and yet easy to read, with information from symptoms to treatment. I'd definitely recommend this book for someone trying to educate themselves about Parkinson Disease.

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