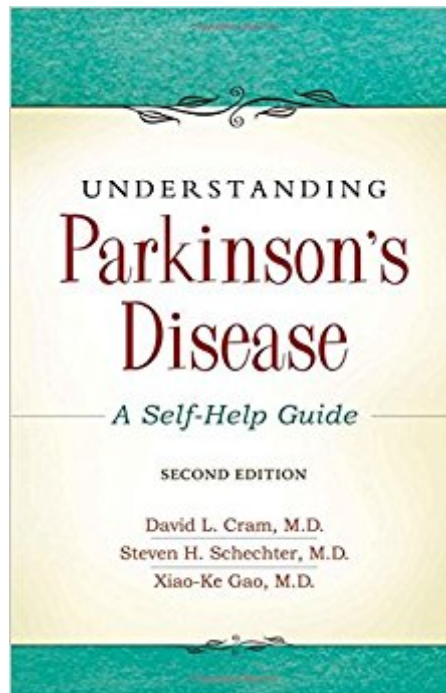




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Understanding Parkinson's Disease: A Self-Help Guide



Synopsis

Addressing a disease that affects half a million Americans today—with 100,000 new cases diagnosed annually—this reference emphasizes how treatment and education are vital to maintaining the best quality of life possible. Coauthored by a former physician who has lived with Parkinson—for 20 years, this handbook discusses both the basics of the disease, for which there is no “cure,— and ways that patients can stay active and maintain independence. Additional topics include symptoms and stages, treatment options, the role of self-help, the emotional side of the illness, day-to-day coping, benefits of exercise, choosing the right doctor, and care for caregivers. Going beyond standard medical information, this unique study also offers a sense of hope, featuring inspirational quotes from dozens of Parkinson—patients.

Book Information

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Customer Reviews

A simple, sympathetic guide to coping with a progressive, disabling brain disorder. Physician Cram was diagnosed with Parkinson's disease ten years ago. Here he matches his personal experience with his experiences treating other patients with the disease, the result is real hope for good health. Cram is a firm believer in four elements to self-help: a positive attitude, information about the disease; partnership with a knowledgeable physician, and a willingness to take action, to do the things ``that make you feel better, help slow the disability, and keep you as independent as possible for as long as possible." Thus, he first explains the disease: its hallmarks are trembling in the hands,

arms, legs, jaw, and face; stiffness and rigidity of the limbs and torso; slowness of movement; and impaired balance and coordination. There are other possible symptoms, from depression to changes in speech. Cram goes on to explain the overall progression of the disease through five stages. The hope he offers is that early self-help and medication may delay or even prevent the later stages. He looks at length at emotional considerations, diet, exercise, and other lifestyle needs, as well as present and possible future medical treatments. Cram also is careful to include practical help and encouragement for caregivers. Kind, practical, and thorough, a valuable starting point. -- Copyright ©1999, Kirkus Associates, LP. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

"A simple, sympathetic guide to coping with a progressive, disabling brain disorder. Kind, practical, and thorough, a valuable starting point." •Kirkus Reviews"[Dr. Cram] empathetically describes the aspects of PD . . . Quotes from Parkinson's patients enhance the informative, authoritative text." •Library Journal"A work doubly valuable, for it presents both a clinician's and a patient's attitudes and knowledge." •Booklist

very informative

There is a lot written but this is one of the most comprehensive books I have found along with 100 Questions and Answers by Mohammad Ali. For people being diagnosed and into Parkinson's it is a clear presentation of info needed and asked, it is a great book for caregivers and is factual without being intimidating. It also serves as a reference and a great guide line to the continuing process without undue stress.

This book is written in plain language that is easily understandable. Dealing with a spouse that has parkinson's, this book has helped me recognize what symptoms are parkinson's related, what we should be asking our doctors and how we should be taking our medication. I am having all of our children read the book so they too understand what is happening.

Very informative and clear. I recommend it for every person diagnosed with Parkinson's and the family or care giver.

Good book...Easy to understand with handy hints to live with Parkinsons

Good book we have ordered this book before bought for a friend. Delivered on time

My wife and I love it. It really is helping her.

Like it

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Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Everything You Need to Know About Caregiving for Parkinson's Disease (Everything You Need to Know About Parkinson's Disease) (Volume 2) Understanding Parkinson's Disease: A Self-Help Guide (3rd edition) Understanding Parkinson's Disease: A Self-Help Guide 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 How To Say No (For Teens) (When I Say No I Feel Guilty, Self Confidence, Teen Self Help, Self Help Books for Women, Social Skills Book 1) Self Love: F*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion, Love Yourself, Affirmations Book 3) Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8) 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) A Meditation To Help With Parkinson's Disease Family Ties That Bind: A self-help guide to change through Family of Origin therapy (Personal Self-Help Series) Depression Treatment Naturally & Depression Self Help: 21 Non-Medical Depression Cures To Stay Happy For Life (depression cure, postpartum depression, ... depression self help, depression free) NAVY SEAL: Self Discipline: How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness (Navy Seals Mental Toughness) The Ultimate Guide to Crohn's Disease and Ulcerative Colitis: How To Cure Crohn's Disease and Colitis Through Diet and

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