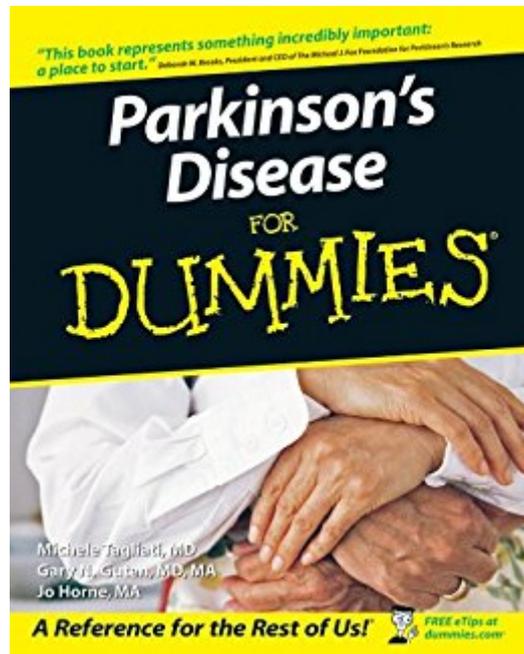


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# Parkinson's Disease For Dummies



## 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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Nervous System

## Customer Reviews

After having read several books regarding Parkinson's Disease, I found that this was one of the most clearly written, comprehensive books I've read on the topic. It starts with a definition of the disease and then discusses such areas as emotions, health care, diet and exercise, family members' concerns, and medical options (and more!) One of the most helpful sections discusses the importance of managing and overcoming mental obstacles patients experience and how to cope with them. Its positive tone offers practical advice to patients as well as caregivers in every stage of the disease. As a PD patient, I'm glad to have this book in my collection and know that I'll be referring to it often.

As a person with Parkinson's Disease (PWP), I am always on the lookout for sources of information that help me live my life to the fullest while dealing with the increasing number of challenges that the disease presents. Parkinson's Disease for Dummies is the best book I have found for under \$100.00! Parkinson's disease is an expensive disease. . . . I've gone into the "donut hole" already this year and will do so every year in the future. Thank You to the authors and publishers who have created this wonderful, affordable resource available to PWP. A copy of Parkinson's Disease for Dummies, should be in the hands of all Parkinson's patients, families, caregivers and doctors! Note: To increase the accessibility of this book take it to place like Kinko's, have them slice off the binding and rebind it with a plastic coil spine. The new binding will allow the user to have the book open flat when put on desk or table.

Essential reading. Dr. wisely recommended it. I'm certain it reduced my list of questions drastically. First time I bought a "Dummies" book for a health issue. Fabulous idea. Read this before investing in any other PD related books. I purchased Delay the Disease at the same time, money I could have saved. The exercise section in Dummies is far superior.

As with all "for Dummies" books, this one is factual, informative, easy to read and written so a lay person can understand it. I highly recommend this book for anyone who has or knows someone who has Parkinsons. It answers a lot of questions about the disease and it put my mind to rest about a lot of things that were bothering me. It answered questions I hadn't asked yet!

As usual, fast shipping from .Extremely comprehensive and detailed book on Parkinsons Disease(PD). One of the best I've read so far. My Father has PD and I read anything I can get my hands on. This has everything from helpful exercises specifically for PD, to dressing tips, to a ton of

resources on the computer. Also includes chapters for the Caregiver (which is very important) and chapters for breaking the news to children (both young and old), siblings, etc. Tons of useful information within the book and than otherresources to go to. If I had to pick one book to buy for PD thus far, it would be Parkinsons Disease for Dummies. You won't be dissapointed.

I'm only about half-way through the book, but as one who has been diagnosed with Parkinson's disease I find this book very helpful. At first I wondered, with it being a "dummy" book.... but in this case it doesn't make fun of the ailment - rather educates the reader starting at the most basic level and building from there. I look forward to reading the second-half.... and I highly recommend this book to someone newly diagnosed with PD, also for a caretaker or family member.

This is a straightforward presentation of what you (and perhaps others in your life) need to know about Parkinson's. It's very basic, and not particularly inspirational. Nevertheless, facts are facts -- and you'll find them here. Some of the situations I'd like to know more about are not covered in a lot of detail. But it's comprehensive, and touches on many aspects of the disease.

We were first introduced to this book through our local library. Liked it so much, we bought it through . There's a lot written about PD and we've read most of it. There are plenty of websites dedicated to Parkinson's. But it's nice to have one book that concisely addresses the disease. It's honest, not too preachy, and appears accurate. What more would a 63 year old man with Parkinson's want?

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