

Parkinson's Awareness



**one community
working for the cure**

Parkinsons A Personal Story Of Acceptance

Allan Hugh Cole



Parkinsons A Personal Story Of Acceptance:

Parkinson's Sandi Gordon,2014-05-14 *With Shaking Hands* Samantha Solimeo,2009-04-15 Far from celebrity media spotlight ordinary individuals many older and less advantaged suffer the disabling pain of Parkinson s disease PD an illness whose progressive symptoms often mimic old age and cause mobility impairment communication barriers and social isolation At the heart of *With Shaking Hands* is the account of elder Americans in rural Iowa who have been diagnosed with PD With a focus on the impact of chronic illness on an aging population Samantha Solimeo combines clear and accessible prose with qualitative and quantitative research to demonstrate how PD accelerates mediates and obscures patterns of aging She explores how ideas of what to expect in older age influence and direct interpretations of one s body This sensitive and groundbreaking work unites theories of disease with modern conceptions of the body in biological and social terms PD like other chronic disorders presents a special case of embodiment which challenge our thinking about how such diseases should be researched and how they are experienced

My Journey with Parkinson's Disease Robert E. Spekman,2018-03-27 I have had Parkinson s disease PD for twenty two years I am told I have a mild case but it is still my PD and I live with it 24 7 I would be a gross understatement to say my life was changed forever Interesting many of these changes have made me a more compassionate empathetic and caring person In part this book was motivated by the following premise Many of us will experience a life changing event that will cause us to pause and reassess where we are what we do and why we do it For some it might be the death of a loved one or a personal tragedy Or it might be a re awakening that aha moment For me it was January 2 1995 when my neurologist said Mr Spekman I have some bad news for you you have Parkinson s My life as it knew it crumpled around me I could have wallowed in self pity but I am a fighter and chose eventually to manage my PD I have adopted a number of Eastern non traditional approaches to deal with my PD I have a yoga practice meditate daily and engage in massage acupuncture and chiropractic adjustments All these different approaches complement my medication and all contribute to my being very healthy given the length of time I have had Parkinson s I will take you on a journey my journey starting with denial to depression to finally acceptance This book is more than the story of one man s journey with PD it is a story of hope and personal transformation If you permit me I am going to take you on a journey that began over two decades ago I have years to travel so do not ask where the destination is or ask if we are there yet During the course of this book I will share with you aspects of my life that were previously know to only a small number of people It is through this intimacy that you will come to better understand and hopefully better deal with adversity that might affect your life

Grab the Spark Joe W. van Koeverden,2022-11-30 Joe W van Koeverden MBA PwP has lived with Parkinson s Disease PD for ten years For the last twenty years he worked in senior management as a CEO president and CAO He s twenty years cancer free and has been clean and sober for over thirty five years My Parkinson s Journey and Finding My Creative Spark is his first book He hopes to motivate and provide a positive message for those living with PD with short stories and poems of his experiences Joe

is a dedicated advocate and volunteer with several organizations committed to research on better living practices for people with Parkinson's PwP. He is a member of the Peterborough Parkinson Support Group and the Davis Phinney Foundation Poetry Group. He serves on the Patient Advisory Committee for Parkinson Canada and the Patient Advisory Board for the Movement Disorder Clinic, University Health Network, Toronto.

Preventing Falls J. Thomas Hutton, 2010-10-29 The risk of serious injury resulting from a fall increases with age as our eyesight ability to react quickly, memory and cognitive functions begin to decline. For the growing population of people over age 65, falls can lead to loss of dignity and independence and they can cause serious injury or even death. Preventing Falls is an essential guide for the elderly caregivers, Parkinson's sufferers and many others who face this health risk in their daily lives. As people age, knowing how to accommodate motor, sensory and cognitive changes is important. While no single cause for a fall exists, the leading factors are environmental hazards, balance problems, muscle weakness, poor vision and impaired judgment. Parkinson's patients as well as those with various neurological or muscular disorders are especially prone to falls because their motor skills are seriously compromised. This book addresses valuable skills and coping mechanisms as well as environmental changes and assistive devices that are needed to prevent falls. Many elderly victims of a fall require the skilled care of a nursing home within a year of the incident, especially those elders who cannot care for themselves and whose family members are unable to provide adequate help. The editors place emphasis on successful aging, the ability to maintain mobility and remain independent. Preventing Falls is a handy guidebook for elders to decrease their risk of falls, develop personal confidence and maintain their independence. This vital sourcebook is complemented with a valuable 60-minute videotape offering step-by-step instruction on the best methods for preventing falls. J. Thomas Hutton, M.D., Ph.D., Lubbock, TX, is the Director of the Neurology Research and Education Center at Covenant Health System and Medical Director of the National Parkinson Foundation Center of Excellence at Covenant Health System. Jeffrey W. Elias, Ph.D., Reno, NV, is Associate Director for Research at the Sanford Center on Aging at the University of Nevada. Jo Ann Shroyer, Ph.D., Lubbock, TX, is Professor and Chair of the Department of Merchandising, Environmental Design and Consumer Economics at Texas Tech University. Zane Curry, Ph.D., Lubbock, TX, is Associate Professor in the Department of Merchandising, Environmental Design and Consumer Economics at Texas Tech University.

Voices of Resilience: Conversations with Parkinson's Disease Warriors, Caregivers, and Advocates - Book I Dr. George Ackerman, 2024-09-07 This book of interviews aims to raise awareness and hope for a cure for Parkinson's Disease. I contacted individuals worldwide to obtain the interviews because PD does not discriminate and affects individuals, families and communities worldwide. I believe we must be family in this fight for a cure. When I learned that approximately 1 million individuals are diagnosed in the United States and over 10 million worldwide, I felt that many other journeys needed to be shared. So many inspired me to keep advocating for a cure.

Parkinson Disease Wayne Martin, Oksana Suchowersky, Katharina Kovacs Burns, Egon Jonsson, 2010-02-16 Part of the successful Institute of Health Economics (IHE)

book series this handbook and ready reference adopts a unique approach in combining policy recommendations with specific treatment options for Parkinson patients The first part of the book deals with the clinical medical social and economical aspects of Parkinson Disease These ten chapters include the latest diagnosis and treatment options for patients the economical consequences social and ethical implications and end of life issues The second part of the book essentially covers a large scale case study on Parkinson in Alberta Canada since most of the issues discussed are relevant in all developed countries With its strong focus on correct diagnosis and early intervention this is an invaluable guide for clinicians and policymakers dealing with this devastating disease

Twitch Annmarie O'Connor, 2025-09-11 Candid and compelling blazes onto the page with life and hope Emilie Pine author of Notes to Self Moving and insightful Rosanna Davison Remarkably honest brutally heroic and darkly humorous memoir following a devastating diagnosis of early onset Parkinson's disease Twitch is a frank and funny memoir about picking up the pieces when personal tragedy hits In 2021 Irish Examiner columnist stylist author and podcaster Annmarie O'Connor was diagnosed with early onset Parkinson's disease an incurable neurodegenerative condition broadly affecting movement and mental health Though she is no longer working as a stylist as part of her career due to Parkinson's complications Twitch outlines her journey from a life altering diagnosis to becoming an activist and agent of change

Conquering Parkinson's Disease Dinesh Patel, 2014 How would you react if you were told you had contracted an incurable illness Scared Angry Upset Devastated When Dinesh Patel was diagnosed with Parkinson's disease in incurable illness of the central nervous system one expected him too to go through a roller coaster of emotions Except he said it was better to have Parkinson's than conditions like heart attack stroke cancer asthma kidney failure and so on that are treatable In Conquering Parkinson's Disease Dinesh writes an intimate and inspirational account of how he took on the illness headfirst and emerged victorious He continued to lead an enriching life full of music and art while privately battling a progressive disease His contagious optimism for life infected all those who came in contact with him including acclaimed Marathi playback singer Sanjeevani Bhelade and noted actress Smita Jaykar His enthusiasm is exemplary notes Bhelade

Dr. Barbara O'Neill's Cure for Parkinson's Disease Olivea Moore, Are you or a loved one struggling with Parkinson's disease and seeking a natural holistic path to healing Imagine a comprehensive guide that empowers you to take control of your neurological health using proven herbal remedies lifestyle strategies and nutrition principles Dr Barbara O'Neill's Cure for Parkinson's Disease combines decades of natural healing wisdom with practical step by step guidance Learn how toxins inflammation nutrient deficiencies and lifestyle factors contribute to Parkinson's and discover how to address these root causes rather than merely masking symptoms From herbal therapies like Mucuna pruriens and Ginkgo biloba to gut healing protocols anti inflammatory diets and stress reducing techniques this book offers a full spectrum approach to brain and body restoration With a 30 day healing program weekly checkpoints and practical tools to track your progress you'll gain the confidence to implement lasting changes Emotional and spiritual practices restorative sleep routines and brain

boosting exercises are included to ensure that your recovery is holistic and sustainable Real life testimonies throughout the book demonstrate that natural healing is not only possible it can transform your life Take the first step toward reclaiming your health and vitality today Get your copy of this book now

Parkinson's Disease: Financial Planning and More for Patients and Caregivers (The Step by Step Manual on Using Methylthioninium Chloride for Treating Parkinson Disease Naturally) Antoine Rathbone,101-01-01 This personal guide offers an up to date overview of living with parkinson s blending science with practical advice Written by someone with the disease it empowers friends and caregivers with knowledge and hope The booklet explains parkinson s as a neurological disorder affecting movement and more It covers symptoms causes and the interplay of genetics environment and aging Recent research breakthroughs like the commander complex are explained Inside you ll discover A clear understanding of the 5 stages of parkinson s disease so you know exactly what you re dealing with How to recognize the symptoms of young onset parkinson s disease and exactly what you can do to manage them Tailored exercises designed specifically to address young onset parkinson s with clear illustrations to ensure you re doing each one correctly How physical activity can help you address your tremors sleep problems and mood fluctuations and the surprising places you can get it easily i e stroll in the park community class or dancing in your living room The common mental health challenges that often come alongside a parkinson s diagnosis with practical strategies for managing them The death of dopamine producing neurons in the brain which results in both motor and non motor symptoms is one of the main characteristics of parkinson s disease Methylene blue has demonstrated potential for promoting brain health by enhancing cellular energy production and reducing the consequences of oxidative stress Its potential advantages are further increased by its capacity to specifically target impacted brain regions due to its ability to pass the blood brain barrier

YOUNG PARKINSON'S HANDBOOK ,1995

Health Communication in Practice Eileen Berlin Ray,2005-03-23 Health Communication in Practice A Case Study Approach offers a comprehensive examination of the complex nature of health related communication This text contains detailed case studies that demonstrate in depth applications of communication theory in real life situations With chapters written by medical practitioners as well as communication scholars the cases included herein cover a variety of topics populations contexts and issues in health communication including provider recipient communication and its importance to subsequent diagnosis and treatment decision making social identity particularly how people redefine and renegotiate their social identity communication dynamics within families and with health care providers through unexpected health situations delivery of health care and health campaigns designed to disseminate health related information and change behaviors Reflecting the changes in health communication scholarship and education over the past decade chapters also explore current topics such as delivering bad news genetic testing intercultural communication grieving families and international health campaigns A list of relevant concepts and definitions is included at the end of each case to help students make connections between the scenario and the

communication theories it reflects With its breadth of coverage and applied practical approach this timely and insightful text will serve as required reading in courses addressing the application of communication theory in a health related context

Living with Parkinson's Disease Ray J. Paul, 2009 **Counseling Persons with Parkinson's Disease** Allan Hugh Cole, 2021 *Counseling Persons with Parkinson's Disease* offers a glimpse into life with chronic illness Parkinson's or otherwise and it employs a unique approach to counseling those who have it The author is in a unique position to discuss this because in addition to receiving his own diagnosis in 2016 he's taught counselors how to engage patients living with chronic illnesses for years All at once informative realistic humorous and hopeful this book will guide clinicians who give counsel educators who teach counseling people supporting someone else and anyone living with a chronic illness **Pioneers of Recovery** Robert Rodgers, PhD, 2011-10-21 Parkinson's Recovery Radio show guests often talk about how they reversed the symptoms of Parkinson's Disease and restored the delicate balance of hormones in their body Now you can read nine of these amazing stories as they were first told on the radio show in this 2012 release of *Pioneers of Recovery* Each chapter includes details on the steps that each pioneer took to make miracle of healing happen Therapies that paved the road to recovery include TMJ adjustments Candida cleanses Voice Profiling sound therapy Tai Chi Martial Arts Qigong Low Dose Naltrexone forced exercise Chinese medicine supplements diet detoxes and even opening blocked jugular veins *Pioneers of Recovery* will transform your expectation about the possibility of recovery You will be intrigued by how each pioneer went about reversing their symptoms These stories confirm the wisdom of the ages that the body does know how to heal It just needs a little help remembering how **Older Americans Information Directory, 2002/03** Sedgwick, 2002-06 **Papa Parkinson's Stories for the Leisure Hours of Youth** William Walker (Publisher, of Otley, the Younger.), 1877 Discerning the Way Allan Hugh Cole, 2021-12-23 This book recounts the author's experience of being diagnosed with young onset Parkinson's disease at the age of forty eight and his first four years of living with this illness With honesty and thoughtfulness he reveals how Parkinson's has affected his life which includes experiences of deeper and more authentic relationships gaining new insights about time priorities and personal values experiencing reconciliation with others and within himself and benefitting from occasions for meaningful growth greater wisdom deeper gratitude and lasting joy These reflections are authentic poignant at times humorous and heart wrenching and ultimately hopeful Participatory Case Study Work Sion Williams, John Keady, 2021-01-03 *Participatory Case Study Work* shows academic co-researchers how to adapt and implement their methods so that data collection and analysis is authentically participatory At the heart of this text is advocating a participatory approach to case study work with co-construction as a catalyst for shared understanding and action in advancing ageing studies Whilst case study research has a relatively long tradition in the canon of research methodologies little attention has so far been paid to the importance and value of participatory case study work This is surprising as its egalitarian and democratic value base naturally lends itself to the co-production and co-creation of personal and collective

theory drawn directly from lived experience The book brings together over 15 years worth of participatory case study work in ageing studies in which the editors have been actively involved as either front line researchers or as supervisors to PhD and MPhil studies adopting the methodology and from where each of the contributors is selected Real life case examples are shared in the main chapters of the book and they provide direction as to how learning can be applied to other settings The chapters also contain key references and recommended reading This volume will appeal to undergraduate and postgraduate students as well as postdoctoral researchers interested in fields such as research methods qualitative methods ageing studies and mental health studies

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