Parkinson's Disease

A Self-Help Guide

SECOND EDITION

David Cram, M.D.

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Parkinsons Disease A Selfhelp Guide

Dr. Marjan Jahanshahi, MD,David Marsden, MD

Parkinsons Disease A Selfhelp Guide:

<u>Understanding Parkinson's Disease</u> David Lee Cram, Xiao Gao, Steven Schechter, 2009 Inspiring guide on both the basics of the illness and ways to stay more active from two unique perspectives that of a physician and as a person with Parkinson s

Parkinson's Disease Dr. Marjan Jahanshahi, MD, David Marsden, MD, 2000-05-01 If you or a loved one has been diagnosed with Parkinson's disease this book was written for you Parkinson's disease is one of the most common neurologic illnesses one that often has devastating effects on patients and their families Because the disease is progressive and disabling the diagnosis is likely to be traumatic This compassionate informative and essentially practical book will help fill the gap too often left in doctor patient communication Patients are often given only minimal information about their condition and its treatment with the family left to adapt as best they can to the long term demands of the illness This practical detailed guide provides full up to date information about The symptoms of the disease and its possible causes The process of diagnosis and the likely course of the illness Various types of treatment including medication and surgery The implications of the disease for work daily activities finance and personal and social relationships What both patients and families can do to minimize and cope with the stresses they will have to face Support groups and other organizations that can offer help Although Parkinson's disease inevitably has a major effect on the well being and social life of patient and family the valuable advice offered in this book will lighten the load and ease the challenge of coping North American rights only Understanding Parkinson's Disease Steven H Schechter, David L Cram, 2016-08-01 If you we been told by your doctor You have Parkinson's disease you probably found it difficult to hear those words Such a diagnosis can be frightening and leave you filled with questions How will it affect your life What are your treatment options These authors are uniquely qualified to understand your concerns Steven Schechter M D is a neurologist who has treated thousands of patients with Parkinson's disease and David Cram M D lived with the disease himself Among the topics they cover are diagnosis symptoms and stages the emotional side of PD conquering fear and denial choosing the right health care team drug therapy medications and how they work surgical options deep brain stimulation the importance of exercise coping with day to day problems and care for caregivers Parkinson's disease Marjan Jahanshahi,1998 Parkinson's Disease Marjan Jahanshahi, C. David Marsden, Richard G. Brown, Brigid MacCarthy, 1998 Parkinson's disease strikes about one in every 1 000 people This self help guide is designed for patients and **Be Independent!** Josephine Clapcich, 1993 Understanding Parkinson's Disease Naheed Ali, 2013-09-26 their carers Parkinson's disease is a degenerative neurological disease characterized primarily by cognitive deficiencies and problems with muscle movements and tremors more than a half a million Americans have the disease and the current numbers are expected to increase over the next few years Understanding Parkinson's Disease offers patients and their caregivers the kind of cutting edge information that will allow them to successfully confront this debilitating disease on a number of fronts Dr Naheed Ali provides patients with a hopeful perspective as well as practical ways of confronting and living with the disease

Patients will also be uniquely exposed to alternative approaches to managing the symptoms of the disease including allopathic osteopathic and naturopathic approaches While Understanding Parkinson's Disease also provides powerful techniques and real world advice that sufferers can immediately put into practice the book also encourages readers to gain a full understanding of the background of the disease Dr Ali presents contemporary benchmark concepts and gives detailed advice that makes dealing with Parkinson's a much simpler and easier undertaking The reader will be introduced to essential information on the risk factors associated with Parkinson's the signs and symptoms the different stages of the disease the various treatments as well as how the disease develops Anyone looking for an introduction to both the science behind Parkinson's and the effects of its course on sufferers as well as information about treatment and real life strategies for dealing with the debilitating symptoms will find the information they need in this accessible resource Parkinson's Disease Anthony D. Mosley, 2009 Explains the complex issues and topics related to Parkinson's including etiology surgeries research medical terms and much more The New Fibromyalgia Remedy Daniel C. Dantini, 2012-02-01 Debilitating pain and tenderness in muscles ligaments and tendons are the typical symptoms of fibromyalgia and this guide by a medical researcher of the disease dismisses traditional treatment heat exercise and rest in favor of antiviral medications that often provide immediate relief and eventual complete recovery Offering new hope for advances in treatment the discussion covers the difficulty of diagnosing fibromyalgia the overlaps with chronic fatigue syndrome the unrelatedness of arthritis and the possibility that food allergies may trigger attacks Patient success stories along the way encourage readers Managing Young Onset Symptoms (The Step by Step Manual on Using Methylthioninium Chloride for Treating **Parkinson Disease Naturally)** Scot Fleming, 101-01-01 This is a personal account from a former dentist who has coped for the last 11 years with parkinson s disease since being diagnosed at the young age of 42 Her positive attitude and what she is doing to keep the disease from progressing is inspiring and motivating In addition to the parkinson's medication prescribed by her doctor she shares how she battles parkinson s using three specific measures which she believes is keeping the disease from advancing 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 Parkinsons disease is a debilitating nervous system disorder and incurable If you want to help yourself or someone with their gait and balance slowness of movement tremors and rigidity and so much more then this book is for you

You ll read it in less than 15 minutes and know how to improve your condition without medication It is a brief and guick to the point book written by a man whose wife has parkinsons The Encyclopedia of Memory and Memory Disorders Carol Turkington, Joseph Harris, 2002 More than 600 clear concise entries explore such topics as the anatomy of the brain the role of the brain in the central nervous system how thoughts feelings and memories develop the effects of brain injuries and the impact of major brain diseases The glossary bibliography and appendixes have also been thoroughly revised Rehabilitation of Parkinson's Disease Diane Playford, 2003-07-24 The rehabilitation of Parkinson's disease patients comprises various forms of therapy physical speech and psychosocial therapy Physical rehabilitation is used in conjunction with various anti parkinsonian agents as a non pharmacological treatment for Parkinson's disease This book explores the long term and short term benefits of physical therap All-In-One Care Planning Resource - E-Book Pamela L. Swearingen, 2015-02-02 NEW Care plan for normal labor and birth addresses nursing care for the client experiencing normal labor and delivery UPDATED content is written by practicing clinicians and covers the latest clinical developments new pharmacologic treatments patient safety considerations and evidence based practice guidelines NEW full color design makes the text more user friendly and includes NEW color coded tabs and improved cross referencing and navigation aids for faster lookup of information NEW Leaf icon highlights coverage of complementary and alternative therapies including information on over the counter herbal and other therapies and how these can interact with conventional medications the Brain and Brain Disorders Carol Turkington, Joseph Harris, 2010-05-12 With a large focus on memory this edition discusses the functions and elements of the brain how it works how it breaks down and various diseases and disorders that Parkinson's Disease For Dummies Michele Tagliati, Gary Guten, Jo Horne, 2011-03-01 A user friendly quide to affect it coping with the daily issues of Parkinson's 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 All-in-One Nursing Care Planning Resource Pamela L. Swearingen, 2015-02-02 The only book featuring nursing care plans for all core clinical areas Swearingen's All In One Nursing Care Planning Resource 4th Edition provides 100 care plans with the nursing diagnoses and interventions you need to know to care for patients in all settings It includes care plans for medical surgical maternity OB pediatrics and psychiatric

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