

An annotated list of popular books from the library



Ahlskog, J. Eric The Parkinson's disease treatment book:
partnering your doctor to get the most from your treatment

This is a wonderful book with up-to-date information on all aspects of Parkinson's disease. It is filled with practical information and is written in a style that is sophisticated enough to be useful but at the same time easily understandable by people with Parkinson's disease, their friends, and their families. Information is one of the most important therapies for people dealing with Parkinson's disease and this book represents a major treatment breakthrough.

Ali. Rasheda I'll hold your hand so you won't fall

This is an excellent book to read to a young child who may have a grandparent who has Parkinson's. The information is clear and precise and does not talk down to children. The illustrations are quite attractive and add to the information. As an adult reading this book I was pleased to see that not all of the people with Parkinson's are elderly. It also talks about some of the more unknown symptoms and so the whole approach is very balanced.

Glenna Wotton Atwood (Author), Robert G. Feldman and Lila Gree Living Well with
Parkinson's

Known for its upbeat, informative, and inspirational guidance, Living Well with Parkinson's includes a wealth of up-to-date medical information for Parkinson's sufferers, who number over 1 million in the U.S. alone. Combined with the author's poignant personal account of her own struggles with the disease, this new edition features coverage of pallidotomy, the dramatic implications of recent genetic research, and new drugs and therapies. The book also includes tips on dealing with social services and elder law, maintaining a positive attitude, handling issues with spouses and children, and finding support groups.

Argue, John PD and the art of moving

Faced with an incurable and often debilitating illness, Parkinson's patients must relearn how to sit up in a chair, speak clearly, keep their balance while walking, and stand from a sitting position. Over 100 photographs illustrate exercises derived from yoga and tai chi techniques and readers are shown skills on how to cope as gracefully as possible with the loss of coordination that Parkinson's patients experience.

M.A., Barbara Blake-Krebs (Author), M.L.S., Linda Herman (Author), R.N., L.C.S.W., Susan Reese (Foreword), Susan Reese R.N. When Parkinson's Strikes Early: Voices, Choices, Resources, and Treatment

Parkinson's is often associated with the elderly, but 1 in 5 with Parkinson's are in their early fifties or younger. This disorder carries both a physical and social stigma, with neurological degeneration made worse by the refusal of many to seek help. This book covers symptoms, side effects of medication, support networks, and surgery options, and explores the physical, emotional, and social struggles that face young people with Parkinson's.

Christensen, Jackie Hunt The first year: Parkinson's disease : an essential guide for the newly diagnosed

From the first moment of her Parkinson's diagnosis, author Jackie Christensen took charge and educated herself on every aspect of her condition. Now, as a "patient-expert," she guides those newly diagnosed step by step through their first year with Parkinson's. She provides crucial information about the nature of the disease, treatment options, diet, exercise, charts and tables, social concerns, emotional issues, networking with others, and much more.

Cram, David L M.D. Understanding Parkinson's Disease

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. Cram describes the symptoms such as 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 and he is careful to include practical help and encouragement for caregivers.

Duvoisin, Roger C M.D. & Sage, Jacob M.D. Parkinson's disease: a guide for patient and family

Drs. Duvoisin and Sage explain the pathology, symptoms, and course of Parkinson's Disease, discuss current drug therapies and surgical procedures, and examine the latest research on the genetics of parkinsonism. This edition features completely rewritten chapters on genetics and on surgery for Parkinson's Disease. New drugs and improvements in levodopa therapy are described, and a new chapter addresses the question of whether levodopa affects disease progression. An appendix lists the trade names, generic names, and formulations of commonly prescribed drugs.

Hutton, J Thomas Caring for the Parkinson patient

This book is a great resource guide for all of the people who become involved with Parkinson's either as the patient, the carer or the family. This edition is revised and expanded

with experts from many areas contributing towards what is ultimately a very comprehensive book.

Grimes, David A M.D. Parkinson's disease: a guide to treatments, therapies & controlling symptoms.

This book explores and explains the issues important to patients and families, including:

- Diagnosis and treatment
- Existing and new drug therapies
- The latest surgical procedures
- Controlling symptoms and reducing the side effects of drug therapy
- Adapting the home and managing daily life
- Gene therapy and stem-cell research

Writing for patients and their families, Grimes presents the straight facts using detailed tables, sidebars and diagrams. The book presents the science and medicine behind the condition, and explains the jargon often used by doctors treating Parkinson's.

Holden, Kathryn Eat well, stay well

This is a fantastic book because it isn't just about diet. It's about helping yourself to control constipation and dispels many myths around various foods and what they can or cannot do. It has recipes, information about vitamins, anti-oxidants and chapters about those damned non-motor symptoms that can make life a misery for us. Eg. Heartburn, reflux, dry mouth etc. A must read!

Hutton, J.Thomas M.D. Preventing falls: a defensive approach

This is a very good book. It explains why people living with Parkinson's fall in the first place, then goes onto to show how to make your environment safer, how to anticipate falls and most importantly, how you can help yourself have fewer falls. The last chapter is only a couple of pages but it was about something I hadn't even thought about – how to recover from a fall.

Jahanshahi, Marjan M.D. & C. David Marsden M.D. Parkinson's Disease: a self-help guide

This compassionate, informative, and essentially practical book will help fill the gap too often left in doctor-patient communication. A 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.

Lieberman, Abraham M.D. 100 questions and answers about PD

This book provides authoritative, practical answers to questions on treatment options, quality of life, sources of support, and much more. Focuses on the day-to-day concerns of those dealing with Parkinson's Disease. Written in a question-and-answer format. Softcover.

Newsome, Hal H.O.P.E. 4 keys to a better quality of life

This is a book of hope for the newly diagnosed Parkinson's Person as well as a helpful reminder of how to enjoy a better quality of life for those who have had the disease for many years. It is easy to read and it's not too sugary-sweet either! Hal outlines the four basics of hope as 1) Help; 2) Optimism; 3) Physician; and 4) Exercise. His personal stories on these four points are candid and powerful. He has experienced some changes in his life as a result of Parkinson's but he remains positive, upbeat and full of vitality. He shares some personal guidelines he now lives by and offers some tips on how to on how to face the challenges that may lie ahead.

Parkinson's New Zealand Keep moving, keep fit: a guide to exercise

This little, skinny book is only 15 pages of very easy to read information about fitness, flexibility, balance, posture and walking – and then it shows you how to put it together. We also pop in an A3 sheet of simple exercises.

Rosenstein, Ann A. Water exercises for Parkinson's

In this excellent book the reader can see all of the elements that go into an exercise program: equipment, warm-ups, stretching, aerobic exercises, strength exercises, balance exercises, exercises focusing on the abdominals, neck exercises, and cool downs. Included, also, is information on medications, vitamins and minerals, herbs, diet, and nutrition.

Water Exercises for Parkinson's is also designed to allow carers to take an active part in helping a friend or loved one with Parkinson's. Each exercise describes a companion's role in assisting the person with Parkinson's so that the exercises are safe and effective.

Schofield, Hilary Editor Family caregivers: disability, illness & aging

This is an excellent book which needs to be read by politicians! It is full of positive suggestions to enhance the well-being of all the people involved in caring for a family member. Plus, it is so nice to be able to look at the list of resources and know that they are for Australia!

Zid, David and Russell, Jackie Delay the disease – exercise and Parkinson's disease

This book and DVD are constantly being borrowed and many people are so impressed they are buying their own copies. It is easy to follow and actually makes doing the exercises quite fun. I can imagine people meeting in different houses for group exercise mornings (and morning teas?) The importance of exercise for Parkinson's cannot be understated and as a person who hates exercising, this book is a gem.