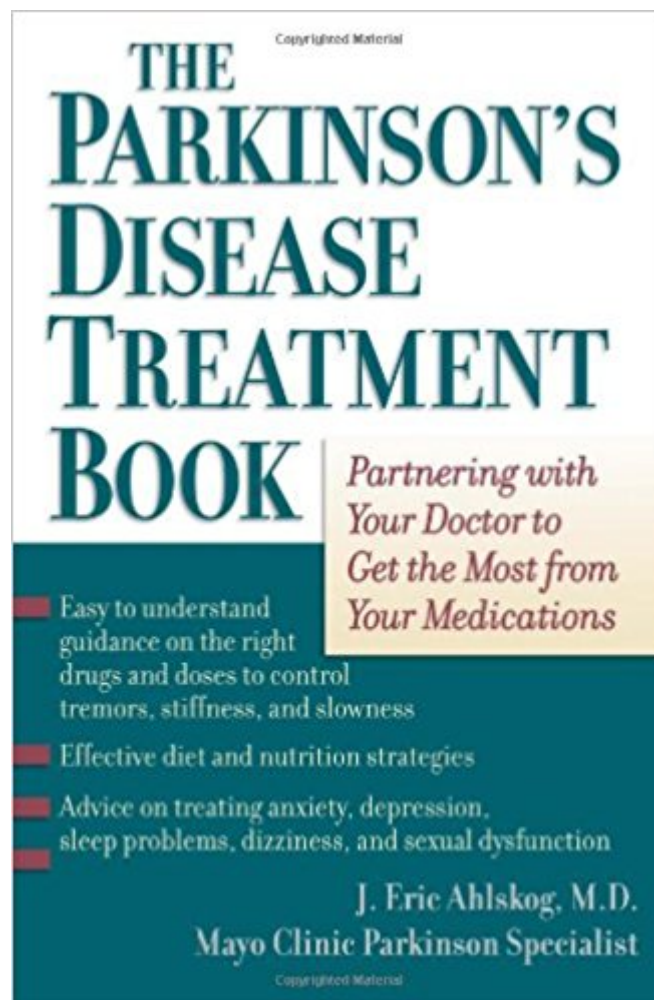




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# The Parkinson's Disease Treatment Book: Partnering With Your Doctor To Get The Most From Your Medications



## Synopsis

Nearly one million Americans, including Michael J. Fox and Muhammad Ali, suffer from Parkinson's Disease. Now, a leader in the fight against Parkinson's, Dr. J. Eric Ahlskog of the Mayo Clinic, has written the definitive guide for patients and their families. Dr. Ahlskog offers a crystal-clear, nuts-and-bolts approach to the treatment of PD, distilled from over twenty years of experience as a clinician and researcher. His goal is to educate the patient so that they can better team with their doctor to do battle with the disease, streamlining the decision-making process and enhancing their treatment. To do this, Dr. Ahlskog offers a gold mine of information: How do I know if I have PD? What kinds of tests can I take? What medications slow the progress of the disease? What if medications don't help my tremor? What kinds of movement problems may develop later? How can I cope with insomnia and daytime sleepiness, dizziness and depression, memory problems, paranoia, and delusions? Indeed, the book covers virtually every topic related to Parkinson's, from sexual impotence and skin rashes, to the role of nutrition, exercise, and physical therapy. In addition, Dr. Ahlskog discusses brain surgery (though he urges that patients only consider this as a last resort) and such experimental therapies as stem cell transplantation and gene therapy. There are also lists of support and advocacy groups and Internet sites that focus on Parkinson's. The ultimate guide to symptoms and treatment, this superb book is the first place patients should turn for reliable, easy-to-grasp information on Parkinson's disease.

## Book Information

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## Customer Reviews

"Eric Ahlskog of the Mayo Clinic is one of the country's leading experts in Parkinson's disease. His The Parkinson's Disease Treatment Book is comprehensive and informative and will be a welcome addition to the library of patients with Parkinson's disease and their caregivers." --Nathan Slewett, Chairman Emeritus, National Parkinson Foundation

"Dr. Ahlskog writes with true authority based on his strong scientific background, vast clinical experience, and ability to synthesize laboratory science and clinical acumen in a manner digestible and useful for the non-physician. 'Be a partner, not a patient' is an admonition that is particularly constructive in optimizing the interactions between patients with Parkinson's disease and their caregivers. In order to be an effective partner, it is essential that patients and their caregivers develop a basic, core understanding of the diagnosis, treatment, course, and likely complications of the disease. A careful reading of The Parkinson's Disease Treatment Book is a substantial first step for patients in assuming full partnership." --G. Frederick Wooten, MD, Chairman of the Scientific Advisory Board, American Parkinson Disease Association

"Dr. Ahlskog, one of the top specialists in Parkinson's disease, has put down in this wonderful book up-to-date information on all aspects of Parkinson's disease as well as his extensive experience and wisdom gained by caring for, and especially caring about, people with Parkinson's disease for over two decades. It is filled with practical information and 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. As information is one of the most potent therapies for people dealing with Parkinson's disease, this book represents a major treatment breakthrough." --Stephen G. Reich, MD, Associate Professor, Department of Neurology, The University of Maryland School of Medicine

"Dr. Ahlskog has provided a remarkably readable and immensely useful book on the treatment of Parkinson's disease, addressed to patients and their caregivers. He lays out a wise approach to this complex and multifaceted disease which comes from many years of his own personal experience. What shines through is his very special sensitivity to his patients and a lucid understanding of their needs. All aspects of the disease are covered.... Special attention is paid to the many non-motor problems that are all too often neglected in the treatment of patients such as anxiety, depression, sleep disorders, sexuality issues, and problems with bladder, bowel, and blood pressure regulation. Most importantly, many of the myths and ill-conceived notions surrounding the treatment of Parkinson's disease are met head on and convincingly dispelled." --Daniel Tarsy, MD, Chief, Parkinson's Disease and Movement Disorders Center, Beth Israel Deaconess Medical Center

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J. Eric Ahlskog, M.D. is Professor of Neurology at the Mayo Medical School, and Chair of the Mayo Section of Movement Disorders, Mayo Clinic, Rochester, Minnesota. Widely considered to be a leading authority on this disorder, he has over twenty years of experience treating people with Parkinson's Disease, both in the clinic as a full-time, patient-seeing neurologist, and as a clinical-investigator, responsible for PD treatment protocols.

This book was a great help for my family, struggling to manage our 91 year old Mom's PD. It provided very broad coverage of all aspects of the disease, including drugs, their recommended doses & side effects. Helped us better understand our doctors approach and helped us challenge

him when necessary. Easy to read for non-medically trained folks. The only issue I did not see covered was "drug holiday" for Sinemet. Our doctor took Mom off Sinemet "cold turkey" for two weeks with resulting severe hallucinations and paranoia. A warning might have been helpful. This book was a great reference and a much needed aid in helping us manage Mom's disease.

I purchased this for my husband who was recently diagnosed with Parkinson's. The book was suggested by a friend who has had the disease for several years. It has answered all the questions he has had on Parkinson's. We are both very glad that a book has been written in layman's terms and is easy to understand. If any member of your family has Parkinson's I suggest you buy this book for them and one for you if you are the caregiver.

My beloved Father has had PD for 5 years now. Initially we just trusted his neurologist for treatment guidance. When the disease progressed over time and the Dr's really didn't seem to do much I committed myself to getting educated about the disease. This book is by far the best I have read, the most comprehensive and the best directives I have seen. The only thing he maybe does not emphasize enough is how important it is for someone to be very involved and committed to med's. You must experiment with them to find the best fit. For us, the right dosage for Carbidopa/levodopa is the key. (the yellow pill) THIS BOOK IS AWESOME, and I'm grateful to have found it. This Dr spent a huge amount of time and energy putting together this book after years of experience treating patients. It is clear and makes so many things clear and easy to understand. THANK YOU DOCTOR FROM THE BOTTOM OF MY HEART!!!!

Helps to explain this debilitating disease.

Bought the book for a friend who has Parkinson's Disease and he actively uses it as a reference. It has given him great comfort to know that his symptoms can be found in the book and the various medications and their side effects are noted.

I posted five stars - I was recently diagnosed with PD and had hundreds of questions. I asked my doctor for a good book and he recommended this one. It's home is on the table near by chair and I refer to it at least daily. I was so happy with all the answers that I have recommended it to anyone who questions me about my case. I have gifted it to friends also - it is so helpful to me.



Being simultaneously a doctor and PD patient I loved reading this book. It should be considered a must for every doctor, patient and caregiver engaged in following PD patients. It is easy to read, concise in description of the different clinical aspects. The long experience of the author in dealing with this protean disease is translated in helpful guidelines easy to be understood by doctors and patients. May be a new edition is justified. If so please consider a portuguese translation! Lesseps L. Reys

This book is so comprehensive, it should be an essential part of your life for you and your family if you have been newly diagnosed with Parkinson's disease, or even if you've had the disease for years. Not sure if a new symptom is part of your Parkinson's or simply something else? Look it up in this book. Learn the questions you should ask your doctor today and as your disease progresses. The best thing you can do to help yourself is to become the expert on your disease. This book will give you the information you need to better manage your chronic disease.

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