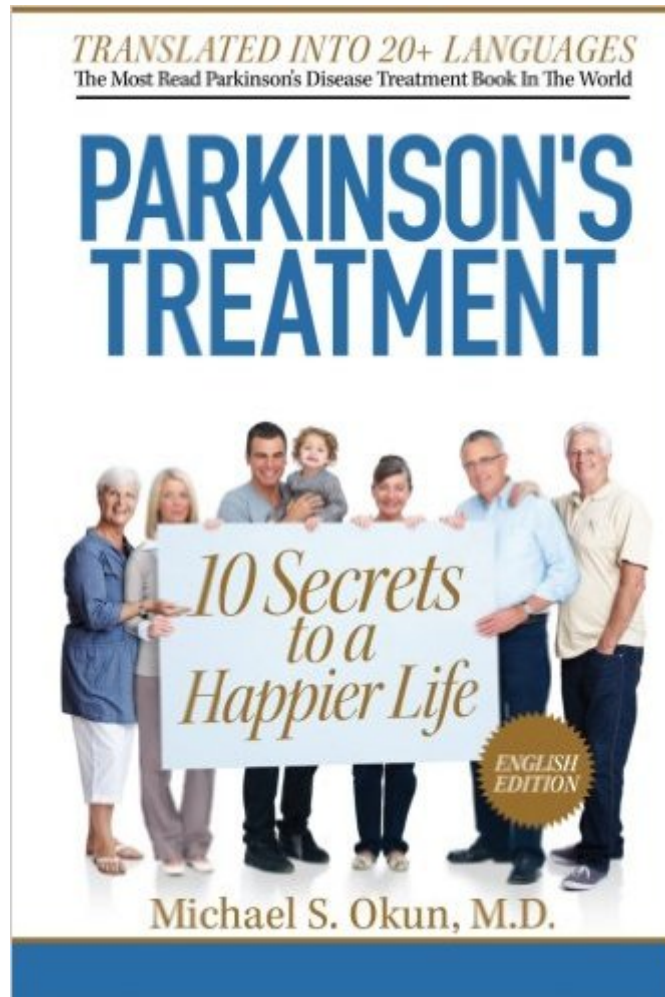


The book was found

Parkinson's Treatment: 10 Secrets To A Happier Life: English Edition



Synopsis

Internationally renowned as both a neurologist and a leading researcher, Dr. Okun has been referred to as, "the voice of the Parkinson's disease patient." • He has an international following on the National Parkinson Foundation's Ask the Doctor web-forum. His many books and internet blog posts are brimming with up-to date and extremely practical information. He has a talent for infusing his readers with positivity and optimism. In his current book, he unmask the important secrets applicable to every Parkinson's disease patient. For some sufferers the secrets have translated into walking again, for others they have restored voices, and for many they have resulted in the lifting of a depression, anxiety and desperation cloud. "There isn't any joking with Dr. Okun about the 10 Secrets for a Happier Life in Parkinson's disease. This book is a critical resource for Parkinson's disease patients and families from around the world who speak different languages, but suffer from very similar and often disabling symptoms." —Muhammad Ali The book addresses current Parkinson's disease issues and also details emerging therapies (DBS, stem cells, vaccines, gene therapy, optogenetics). Okun masterfully breaks down all of the science into an easy to follow and pleasurable reading experience. Parkinson's Treatment: 10 Secrets to a Happier Life is available in over 20 language translations, and also in an audio version. Dr. Okun has truly helped thousands of Parkinson's disease patients and families discover the core values necessary to achieve happiness despite living with a chronic disease.

Book Information

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Customer Reviews

Parkinson's Treatment: 10 Secrets to a Happier Life is a compilation of essential information for

patients and families facing Parkinson's Disease. The author, Michael S. Okun, M.D., is a widely respected neuroscientist who enjoys an international reputation as a patient-centered neurologist skilled at distilling the complexities of life with Parkinson's Disease into understandable pearls of wisdom for his patients. In 10 easy to read chapters, Dr. Okun reveals the important things that patients and families need to know. After reviewing the signs of Parkinson's Disease, including the very important non-motor signs that are crucial in understanding the breadth of the disease's effects, the first chapter explains why Parkinson's is not Alzheimer's Disease, Multiple Sclerosis, or any of the many disorders that it is commonly confused with. Timing of starting medicine, adding medications, and consideration of deep brain stimulation (DBS) are covered in the next few chapters. The role of depression and anxiety, sleep disorders, and major side effects of medicines are covered well in the middle chapters. A later chapter deals with the importance of vigorous physical exercise and why it is essential as a treatment. This often underappreciated role of exercise as medicine is crucial to living well with Parkinson's, and may even slow disease progression. A full chapter on being prepared should you need to go into the hospital provides essential information for the patient and family to provide to hospital staff that might otherwise overlook or not know of the needs of Parkinson's patients. This is followed by an explanation of drugs that interfere with Parkinson's Disease treatment, including commonly used anti-nausea and behavioral medicines.

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