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Steven H Schechter MD, David L Cram MD : Understanding Parkinson's Disease: A Self-Help Guide (3rd edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised Understanding Parkinson's Disease: A Self-Help Guide (3rd edition):

0 of 0 people found the following review helpful. Five StarsBy Carolevery informative0 of 0 people found the following review helpful. A book well worth reading and for your library. KD OHBy Katherine L DeanThere is a lot written but this is one of the most comprehensive books I have found along with 100 Questions and Answers by Mohammad Ali. For people being diagnosed and into Parkinson's it is a clear presentation of info needed and asked, it is a great book for caregivers and is factual without being intimidating. It also serves as a reference and a great guide line to the continuing process without undue stress.0 of 0 people found the following review helpful. How Understanding Parkinson's Disease helped meBy Helen J. GarrisonThis book is written in plain language that is easily unstandable. Dealing with a spouse that has parkinson's, this book has helped me recognize what symstoms are parkinson's related, what we should be asking our doctors and how we should be taking our medication. I am having all of our childredn read the book so they too understand what is happening.

If yoursquo;ve been told by your doctor, lquo;You have Parkinsonsquo;s disease,rdquo; 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 PDmdash;conquering fear and denial, choosing the right health care team, drug therapymdash;medications and how they work, surgical options, deep brain stimulation, the importance of exercise, coping with day-to-day problems, and care for caregivers.

From Kirkus sA simple, sympathetic guide to coping with a progressive, disabling brain disorder. Physician Cram was diagnosed with Parkinson's disease ten years ago. Here he matches his personal experience with his experiences treating other patients with the disease, the result is real hope for good health. 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, to do the things ``that make you feel better, help slow the disability, and keep you as

independent as possible for as long as possible." Thus, he first explains the disease: its hallmarks are 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. The hope he offers is that early self-help and medication may delay or even prevent the later stages. He looks at length at emotional considerations, diet, exercise, and other lifestyle needs, as well as present and possible future medical treatments. Cram also is careful to include practical help and encouragement for caregivers. Kind, practical, and thorough, a valuable starting point. -- Copyright copy;1999, Kirkus Associates, LP. All rights reserved. "David Cram shares his experience and....outlines sources for help and support." -- -Publisher's Weekly"[Dr. Cram] empathetically describes the aspects of PD...Quotes from Parkinson's patients enhance the informative, authoritative text..." -- -Library JournalAbout the AuthorDavid Cram, M.D.(1934-2009) was an internationally recognized dermatology expert who was diagnosed with Parkinson's disease in 1991. He is the author of three other books: The Healing Touch; Keeping the Doctor-Patient Relationship Alive Under Managed Care, Coping with Psoriasis, and Frequently Asked Questions about Parkinson's Disease. Steven H. Schechter, M.D., conducts a neurological private practice and is a clinical assistant professor of neurology at Wayne State University.

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