

A PPSG BOOK SNAPSHOT

Parkinson's Disease-The Complete Guide for Patients and Caregivers

Abraham N. Lieberman, M.D., Chairman of the Medical Advisory Board, American Parkinson's Disease Association, and **Frank L. Williams**, Executive Director, American Parkinson's Disease Association; Also Susan Imke, R.N., M.S.; Ellen Moscinski, L.C.S.W., M.S.W.; Paula Benoist Falwell, P.T.; Harley Gordon, Esq.; Suzanne LeVert

1993 A Fireside Book, Simon and Schuster, 270 pages, \$14.00

From Front Cover: Featuring:

- ?? Information from a Complete Support Team—Doctor, Nurse, Social Worker, Physical Therapist, and Legal Counsel
- ?? Advice on Drug Therapy, Diet, and Exercise
- ?? An A to Z Guide to Symptoms and Side Effects
- ?? Options for Insurance and Financial Aid
- ?? A State-By-State resource Guide

From Back Cover:

Personal, accessible, informative

You will find the answers to your most urgent questions:

- ?? How can I overcome the functional limitations of Parkinson's Disease?
- ?? What are the pros and cons of various medications commonly used to treat Parkinson's?
- ?? Why is it important to stay fit and eat right despite the limits Parkinson's disease may put on my body?
- ?? What are some of the breakthroughs in alternative treatments?
- ?? What can I do to better cope with psychological and emotional issues inherent in living with Parkinson's?
- ?? As a caregiver, how can I best juggle a program of care for a loved one and still find time for myself?
- ?? What insurance options and other forms of financial aid are available and how can one protect one's assets and life savings from long term illness?

CONTENTS

One	Understanding Parkinson's Disease
Two	The Story of Parkinson's Disease
Three	PD: Its Causes and Progression
Four	Understanding Drug Therapy
Five	The Role of Diet and Exercise
Six	Coming to Terms with Chronic Illness
Seven	The A to Z Guide to Symptoms and Side Effects
Eight	Help for the Caregiver
Nine	Planning Your Financial Future
Ten	Parkinson's Disease and the Future
Appendix I	Resources for Patients and Caregivers
Appendix II	Diseases That may Resemble Parkinson's Disease
Appendix III	Glossary
Index	8 pages