

PPSG Snapshots of Four Free Booklets from the National Parkinson Foundation

Practical Pointers for Parkinson Disease

Activities of Daily Living

Second Printing 05/05, 40 pages, paperback, FREE

Introduction
Bathing, Grooming and Toileting
Dressing
Rest and Sleeping
Eating
Getting Around
Changing Positions
Recreation and Exercise
Handwriting
Other Aids for Daily Living
Resources

Fitness Counts

Third Edition 04/05, 35 pages, paperback, FREE

Chapter 1 Foundation for Fitness
Chapter 2 Putting It All Together
Chapter 3 Balance, Falls and Posture
Chapter 4 Helpful Therapies
Chapter 5 Carepartner Assisted Exercise
Appendix A Resources
Appendix B A Note for Therapists
About the Author
Acknowledgements

Medications

Third Edition 05/05, 80 pages, paperback, FREE

Chapter 1: Parkinson Disease Medications: An Overview
Chapter 2: Levodopa and Dopamine Agonists: First Line Therapies
Chapter 3: Adjunctive Medications: Second and Third Line Therapies
Chapter 4: Disorders of Mood and Cognition

Chapter 5: Sleep Disorders and Sensory Disturbances
Chapter 6: Ancillary Health Issues
Chapter 7: Hope on the Horizon: New Drugs in Development
Chapter 8: Complementary Therapies: Supplements
Appendix A: Glossary
Appendix B: Making the Most of Your Health Care Visit
Appendix C: Guidelines for Prescribing Practitioners
Appendix D: Drugs Contraindicated in PD
Appendix E: A Formula for Liquid Sinemet
Appendix F: Recommended Reading

Parkinson Disease: Nutrition Matters

6th Printing 09/05, 59 pages, paperback, FREE

The Significance of Nutrition in Parkinson Disease
Protein and Levodopa
Constipation
PD and Water Needs
Bone Health
Unintended Weight Loss
Recipes and Menus
Shopping List
Recipes
Appendix A: "Ask the Parkinson Dietitian"
Appendix B: Internet Resources
Appendix C: Helpful Products

From all back covers:

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