

A PPSG Book Snapshot

The First Year---Parkinson's Disease: An Essential Guide for the Newly Diagnosed

2005 by Jackie Hunt Christensen, Paul, M.D. Tuite (Foreword)

A Patient-Expert Walks you Through Everything You Need to Learn and Do. 335 pages, \$15.95

Foreword

Introduction

DAY 1 Living: What Exactly Is PD?

Learning: Ways Doctors Diagnose PD

DAY 2 Living: Early Symptoms of PD

Learning: PD's Effects on the Brain

DAY 3 Living: To Medicate or Not to Medicate

Learning: If You're Taking Sinemet

DAY 4 Living: Is PD in Your Family Tree?

Learning: Environmental Links to PD

DAY 5 Living: Physical Effects of PD

Learning: Cognition

DAY 6 Living: Depression and PD

Learning: Coming to Terms with PD

DAY 7 Living: Telling Friends and Family

Learning: Drug Therapy for Depression and Anxiety

FIRST WEEK MILESTONE

WEEK 2 Living: Complementary Therapies

Learning: Participate in Your Care

WEEK 3 Living: PD Can Bring Many Gifts

Learning: Why All the Warning Labels?

WEEK 4 Living: Care Partners Need Love, Too

Learning: Physical & Occupational Therapy

FIRST MONTH MILESTONE

MONTH 2 Living: Importance of Support Groups

Learning: Find Your Support System

MONTH 3 Living: Useful Assistive Devices

Learning: Effects on Your Voice

MONTH 4 Living: Give Your Care Partner a Break

Learning: Nutrition

MONTH 5 Living: PD may Affect Family Life

Learning: Not Just for Older People Anymore

MONTH 6 Living: When Adult Children Provide Care

Learning: Talking to Your Kids About PD

MONTH 7 Living: Exercise

Learning: Traveling with PD

MONTH 8 Living: Sexuality and Intimacy

Learning: Sleep

MONTH 9 Living: Dealing with Your Employer

Learning: Dealing with Dementia

MONTH 10 Living: Planning Your Financial Future

Learning: Surgery for PD Symptoms

MONTH 11 Living: Insurance and PD

Learning: Help to Find a Cure

MONTH 12 Living: Raising Awareness of PD

Learning: Emerging Therapies for PD

APPENDIX 1: Drug Diary and Chart

APPENDIX 2: UPDRS Rating Scale

APPENDIX 3: PD Survey

NOTES

GLOSSARY

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ACKNOWLEDGEMENTS

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