

A PPSG Book Snapshot

100 Questions and Answers

2003 by Abraham Lieberman, MD with Marcia McCall; Jones and Bartlett Publishers; 238 pages, paperback, \$16.95
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From front cover:

What is Parkinson's Disease? What Causes Parkinson's Disease? What are the primary symptoms of Parkinson's Disease? Why is Parkinson's Disease called a movement disorder?

From back cover:

EMPOWER YOURSELF!

Whether you're newly diagnosed with Parkinson's Disease, a long-term PD patient, or a friend or relative of either, this book offers help. The only text to provide the doctor and patient's view, *100 Questions & Answers About Parkinson's Disease* gives you authoritative, practical answers to your questions about treatment options, quality of life, sources of support, and much more. Eminent neurologist and psychiatrist Abraham Lieberman, MD, of the national Parkinson Foundation draws questions from his extensive databank of inquiries from thousands of PD patients to create a book focusing on the day-to-day concerns of people with PD. With the expertise and compassion for which he is famous, Dr. Lieberman explains the disease, its progression, and its treatment, making this book an invaluable resource for anyone coping with this frightening illness.

From inside back cover:

Abraham Lieberman, MD, an internationally recognized expert on Parkinson's Disease, is the author of six books on the topic, including *Shaking Up Parkinson's Disease: Fighting Like a Tiger, Thinking Like a Fox* (2001). He is board certified in neurology and psychiatry, is a Fellow of the American Neurological Association, and the Movement Disorder Society. Dr. Lieberman is national medical Director of the national Parkinson Foundation (NPF) and Professor of Neurology at the University of Miami. His widely popular manual on Parkinson's Disease has been translated into five languages, with more than one million copies distributed worldwide. Dr. Lieberman's interactive web-site, www.parkinson.org, answering questions about Parkinson's Disease, is viewed by 10,000 people with PD each day.

CONTENTS

Part 1: Some Basic Questions

What is Parkinson's disease? What causes PD?
Will I die from PD?

Part 2: Tell Me More

What are the main symptoms of PD? I have an appointment with a neurologist. What should I expect? Do these symptoms always mean PD? Could it be something else? Why is it called a "movement disorder?" I heard PD is a "progressive" disease. What does that mean?

Part 3: Treatment

What is the goal of treatment? What drugs are used to treat PD? Why start with a dopamine agonist? Do agonists slow progression of PD?

Part 4: Social and Psychological Aspects of PD

What do I tell my grandchildren? Do I tell my boss? Will I be able to drive? What will become of my social life? What about sex?

Part 5: Progression

What stage am I in? How do I know if my disease is progressing? Why do I fall? I can't sleep. Is this PD? Is depression part of PD? Will I lose my mind?

Part 6: Surgery for PD

What is a thalamotomy? What is pallidotomy? What is deep brain stimulation (DBS)? What are stem cells?

Part 7: Alternative Approaches to PD

Should I exercise? What should I eat? Why am I losing weight? Do I need vitamins?

Part 8: Making the Most of Life with PD

Why me? What did I do to deserve PD? Can I make my home safe? Will I be able to walk? Should I take a drug holiday? How can I become less anxious?

Part 9: Hope

How long before a cure? What are my chances of developing PD? Where can I get more information about PD?

Appendix

A list of web sites, organizations, and literature to help Parkinson's Disease patients and their families find additional resources on general and specific topics related to Parkinson's Disease.

Glossary 6 pages

Index 7 pages