

# 12 PPSG Book Snapshots and Free Booklets

## Parkinson's Disease for Dummies A Reference for the Rest of Us

**Michele Tagliati**, MD, Director of the Parkinson's Disease Center at Mt. Sinai Medical Center in New York; **Gary N. Guten**, MD, MA, is an orthopedic surgeon, author and Parkinson's patient; **Jo Horne**, MA, is the author of three books and a long-distance care partner.

Wiley Publishing, **2007**, 364 pages, \$19.95

From front cover: "This book represents something incredibly important: a place to start." **Deborah W. Brooks**, President and CEO of The Michael J. Fox Foundation for Parkinson's Research

Foreword by **Deborah W. Brooks**

Introduction

Part I: Understanding PD

Chap. 1: Parkinson's Disease: The Big Picture

Chap. 2: Considering Possible Causes and Risk Factors

Chap. 3: Sizing Up Symptoms, Signs and Stages

Part II: Making PD Part-But Not All-of Your Life

Chap. 4: Getting an Accurate Diagnosis

Chap. 5: You've Been Diagnosed-Now What?

Chap. 6: Drafting Your Healthcare Team & Game Plan

Chap. 7: Choosing How & When to Share Your News

Chap. 8: Special Advice for Those with Young Onset PD

Part III: Crafting a Treatment Plan Just for You

Chap. 9: Managing PD Symptoms with Prescription

Medicines

Chap. 10: When Surgery is an Option

Chap. 11: Considering Complementary and Alternative Medicine Therapies

Chap. 12: The Key Roles of Diet and Exercise

Chap. 13: Combating Anxiety and Depression

Ch.14: Clinical Trials & Your Role in Search for a Cure

Part IV: Living Well with PD

Chap. 15: Maintaining Healthy Relationships

Chap. 16: PD in the Workplace

Chap. 17: Adjusting Your Routine as PD Progresses

Part V: Coping with Advanced PD

Chap. 18: Facing the Progression of PD Symptoms

Chap. 19: When Care Partners Become Caregivers

Chap. 20: Putting Your Financial, Legal House in Order

Chap. 21: It's Just Bricks and Mortar: Housing Options You Can Live With

Part VI: The Part of Tens

Chap. 22: Ten Ways to Deal with Difficult Feelings

Chap. 23: Ten Ways to Care for Your Care Partner

Chap. 24: Michael J. Fox, Muhammad Ali, and YOU:

Ten Ways to Make a Real Difference

Part VII: Appendixes

Appendix A: Glossary – 8 pages

Appendix B: Additional Resources - 4 pages

Index - 12 pages

A removable page includes the following lists:

Managing Your Medication Routine; Bookmark These Web Sites; Words and Acronyms to Know; Red-Flag Medications; Your Daily CHECK-IN; When You Go to the Hospital or ER; Emergency Contacts you Provide

## The Comfort of Home for Parkinson Disease A Guide for Caregivers

By **Maria M. Meyer** and **Paula Derr**, RN with **Susan C. Imke**, RN, MS

CareTrust Publications, **2007**, 279 pages, \$24.95

Dear Caregiver

Acknowledgements

To Our Readers

Part One - Getting Ready

1 What is Parkinson Disease?

2 PD Medications and Wearing-Off

3 Using the Health Care Team Effectively

4 Getting In-Home help

5 Preparing the Home

6 Equipment and Supplies

Part Two - Day by Day

7 Setting Up a Plan of Care

8 How to Avoid Caregiver Burnout

9 Activities of Daily Living

10 Diet and Nutrition

11 Fitness and Exercise

12 Body mechanics---

Positioning, Moving, and Transfers

13 Emergencies

Part Three - Additional Resources

Parkinson Disease and Caregiver Organizations

Glossary 7 pages

Index 7 pages

## **Parkinson's Disease - 300 TIPS for Making Life**

**Easier** Second Edition

By **Shelley Peterman Schwartz**, syndicated columnist.  
Demos Medical Publishing, **2006**, 140 pages, \$16.95

A Word from the Author

### **1. Basic Concepts for Living with Parkinson's Disease**

Staying Positive While Living with PD; Basic Concepts for People Who help People with PD; Resources

### **2. Making Your Home Safe and Accessible**

Lighting and Light Switches; Safety and Emergency Provisions; Doors, Doorways, and Doorknobs; Under Lock and Key; Ramps, Railings, Stairs, and Grab Bars; The Kitchen; The Bathroom; Furniture and Flooring Coverings; Resources

### **3. Looking Good, Feeling Better**

Grooming; Choosing the Right Clothing; Dressing Tips; Dressing Aids and Simple Clothing Adaptations; Hosiery and Footwear; Resources

### **4. Communicating**

Speaking Tips; Using Technology to Aid in Spoken Communication; Writing Tips; Keeping the Lines of Communication Open; Resources

### **5. Managing Mealtime Madness**

In the Kitchen; Eating and Drinking Tips for People with Swallowing Difficulties; Resources

### **6. Empowering Yourself**

Mobility and Exercise; Leisure and Recreational Activities; Improving Memory and Concentration; Resources

### **7. Handling Medical Issues**

Record Keeping and Research; Doctor's Appointments; Medications; Managing Your Home Healthcare; Resources.

### **8. Getting Out and About**

Errands and Outings; Car and Driving; Travel; Resources; About the Author  
Index 8 pages

## **I'll Hold Your Hand So You Don't Fall: A Child's Guide to Parkinson's Disease**

By **Rasheda Ali**, wife of Muhammad Ali, former three-time World Heavyweight Champion  
Merit Publishing, **2005**, 40 pages, \$19.95

This is a book for the parent with Parkinson's Disease to help explain the disease to the child. Full of many pictures, it can be read in less than an hour.

Includes a small video/CD ROM with a special message from Rasheda Ali

"Rasheda Ali brings home the profound liberation of a child's innate willingness to accept disease without fear." Michael J. Fox

Foreword by Muhammad Ali

Introduction: A message from the Heart

How to use this book

List of contents:

Tremors, Genetics, Shuffle Walk, Stooped Posture, Slurred Speech, Depression, Sleep Disorders, Masked Face, Diet and Medicine, Exercise, Balance- Postural Instability, Motor Block-Freezing, Early Stages of Parkinson's Disease, Hand Dexterity and Rigidity, Difficulty Swallowing, Brain Surgery

How can you make a difference?

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

A Patient-Expert Walks you Through Everything You Need to Learn and Do.

By **Jackie Hunt Christensen**, Paul, M.D. Tuite  
(Foreword)

Copyright **2005**, 335 pages, \$15.95

Foreword and 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; RESOURCES;

BIBLIOGRAPHY; ACKNOWLEDGEMENTS;

INDEX

## **The Parkinson's Disease Treatment Book**

**J. Eric Ahlskog, M.D.**, Mayo Clinic Parkinson Specialist

Oxford University Press, **2005**, 532 pages, \$35.00

From front cover:

The Parkinson's Disease Treatment Book, Partnering with Your Doctor to Get the Most from Your Medications

"Easy to understand guidance on the right drugs and doses to control tremors, stiffness, and slowness", "Effective diet and nutrition strategies", "Advice on treating anxiety, depression, sleep problems, dizziness, and sexual dysfunction"

Part One - Basic Facts about the Brain and PD

Part Two – PD: Diagnosis and Prognosis

Part Three – Distinguishing PD from Other Disorders

Part Four – The Cause and Progression of PD

Part Five – The Movement Problems of Parkinson's Disease: Medication Rationale and Choice

Part Six – Beginning Treatment of Parkinson's Disease: Medication Guidelines

Part Seven – The Early Years on Medication

Part Eight – Later Medication Inconsistency: Motor Fluctuations and Dyskinesias

Part Nine – Other Treatment Problems: Not Just a Movement Disorder

Part Ten – Nutrition, Exercise, Work, and Family

Part Eleven – Surgery and Procedures for Parkinson's Disease: Present and Future

Part Twelve - Parkinson's Disease Information Sources

Glossary – 8 pages

Index – 19 pages

From back cover: The first of four commentaries

"Eric Ahlskog of the Mayo Clinic is one of the country's leading experts on Parkinson's Disease.. His book, *The Parkinson's Disease Treatment Book*, is comprehensive and informative and will be a welcome addition to the library of patients with Parkinson's Disease and their caregivers." Nathan Slewett, Chairman Emeritus, National Parkinson Foundation

From inside back cover:

"J. Eric Ahlskog, M.D., is Professor of Neurology at the Mayo Medical School, and Chair of the Mayo Section of Movement Disorders, Mayo Clinic, Rochester, Minnesota. Widely considered to be the leading authority on this disorder, he has more than twenty years of experience treating people with Parkinson's Disease, both in the clinic as a full-time, patient-seeing neurologist, and as a clinical-investigator, responsible for PD protocols."

## **What Your Doctor May Not Tell You About PARKINSON'S DISEASE A Holistic Program for Optimal Wellness**

**Jill Marjama-Lyons, M.D.** and **Mary J. Shomon**

**From front cover:** "Gives you the information you need to take charge of your health and get the best care possible."—Marie Savard, M.D., author of *How to Save Your Own Life*

Warner Books, **2003**, 414 pages, \$14.95

**From back cover:** A total guide for body, mind, and spirit - with cutting-edge alternative treatments such as intravenous glutathione therapy, herbs, and tai chi More than one million people in the U.S. are living with Parkinson's disease--and 50,000 more are diagnosed each year. Now an experienced neurologist and medical director of the Parkinson Center at the University of Florida provides an empowering guide to a range of effective new treatments--including drugs, innovative surgical techniques, and groundbreaking alternative therapy—for optimal physical and spiritual health. Find out what your doctor may not tell you about:

1. Early symptoms of Parkinson's disease and the most common misdiagnosis of the disease in its first stages
  2. The latest safe and effective alternative therapies, including intravenous glutathione, herbal treatments, traditional Chinese medicine, and more
  3. The pros and cons of conventional treatments including L-dopa and surgery
  4. Mind-body approaches including tai chi, yoga, and energy work
  5. Dealing with persistent symptoms such as fatigue, depression, anxiety, muscle spasms, and balance problems
  6. Special strategies for early-onset Parkinson's patients and caregivers
  7. Detailed risk factors and a symptoms checklist to get that all-important early diagnosis
- And much more

“This book fills a gap in Parkinson's literature.”—Ruth Hagestuen, M.A., R.N., national program director, the National Parkinson Foundation

“Patients and physicians everywhere will truly benefit from learning the knowledge and concepts presented here.”—Barbara Maddoux, R.N., D.O.M., holistic practitioner

## **PART I. SIGNS, SYMPTOMS, AND DIAGNOSIS**

- Chapter 1: What Is Parkinson's Disease?
- Chapter 2: Are you at Risk for Parkinson's Disease?
- Chapter 3: Symptoms and Signs of Parkinson's Disease
- Chapter 4: Getting a Diagnosis

## **PART II. CONVENTIONAL TREATMENTS**

- Chapter 5: Drug Treatments for Parkinson's Disease
- Chapter 6: Surgical Treatments for Parkinson's Disease

## **PART III. ALTERNATIVE AND COMPLEMENTARY THERAPIES**

- Chapter 7: Complementary and Mind-Body Approaches
- Chapter 8: Dietary, Nutritional, Vitamin, Enzyme, and Hormone Therapies

## **PART IV. LIVING WITH PARKINSON'S DISEASE**

- Chapter 9: Additional Help for Persistent Symptoms
- Chapter 10: Special Issues for Patients and Caregivers
- PART V. PARKINSON'S INTO THE FUTURE**
- Chapter 11: Future Directions
- Epilogue: The Power of the Mind and Spirit on Illness

Appendix A: Parkinson's Disease Resources

Appendix B: References

Index 11 pages

## **100 Questions and Answers**

100 Questions and Answers About Parkinson's Disease by **Abraham Lieberman, MD** with **Marcia McCall**  
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?

All royalties donated to the National Parkinson Foundation

Copyright **2003**, 238 pages, paperback, \$16.95  
Jones and Bartlett Publishers

### **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

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](http://www.parkinson.org), answering questions about Parkinson's Disease, is viewed by 10,000 people with PD each day.

### **Shaking Up Parkinson Disease; Fighting Like a Tiger, Thinking Like a Fox**

"A Book for the Puzzled, the Hopeful, the Willing, and the Prepared."

**Abraham Lieberman, MD**

Jones and Bartlett, 2002, 261 pages, paperback. \$18.75.

Preface; About the Author; Dedication

Chapter 1: Parkinson: A Disease of Moving

Chapter 2: A Disease of Moving-Again

Chapter 3: You'll Be Surprised by Who Gets It

Chapter 4: The Autonomic Nervous System: You Cannot Live Without It

Chapter 5: Parkinson Like Diseases: Diseases Mistaken for Parkinson

Chapter 6: The Causes of Parkinson Disease

Chapter 7: Parkinson and Anxiety

Chapter 8: Depression in Parkinson Disease

Chapter 10: Treating Parkinson-What Science Can Do

Index

From back cover:

Emphasizes part of the Preface: "Each day, every day, people wit Parkinson disease awaken trapped in their bodies. They move slowly, their limbs are stiff, their hands shake." and their legs won't follow their brains' commands. For these people, there is hope and help, both offered in this important new book.

The book explains Parkinson-how it's recognized, what causes it, who gets it, practical strategies for dealing with the disease, when and how to get help, and much more. The author shows how patients at all stages of the disease can maintain their quality of life, by using patient case studies, facts about the disease, a survey that assesses quality of life , and Biblical references.

**Abraham Lieberman, MD**, is an internationally recognized expert on Parkinson disease and is the author

of five books on the topic. He is the National Medical Director of the National Parkinson Foundation and Professor of Neurology at the University of Miami. He has an interactive web site, [www.parkinson.org](http://www.parkinson.org), that answers questions about Parkinson disease, and is viewed by 10,000 people each day.

### **Parkinson's Disease & the Art of Moving**

#### **John Argue**

New Harbinger Publications, 2000, 220 pages, \$16.95

From front cover: An exercise program to:  
increase flexibility, strength, balance, and coordination  
improve communication, voice power, and speech clarity  
delay the progression of symptoms  
and take steps toward leading a fuller life

Table of Exercises – 66 exercises  
Acknowledgments  
Note to the Caregiver

#### Beginning

Marion's Story: A Personal Experience with PD  
A Neurologist Explains Parkinson's Disease  
Parkinson's Disease and the Art of Moving  
The Lesson Plan

Part II A Dance with the Dragon  
Lesson 1 Sitting Exercises (The Warm-up)  
Lesson 2 Voice and Speech (The Cooldown)  
Lesson 3 Floor Exercises  
Lesson 4 On Hands and Knees  
Lesson 5 Leg Stretches  
Lesson 6 Going to the Floor  
Lesson 7 Standing Steady  
Lesson 8 Power Stances  
Lesson 9 Balance and Recovery  
Lesson 10 Walking, Freezing, and Turning  
Appendix Additional Resources, Continuing Education, and Political Action

On back cover: Every PD specialist recommends making exercise a part of the patient's daily regimen. This is the ONLY book that tells people with PD and their caregivers HOW to follow that advice. Ten lessons with over 100 photographs show people with Parkinson's how to improve flexibility, balance, gait and communications.

Author **JOHN ARGUE** has worked with people with Parkinson's Disease since 1985. Drawing on his training and experience in teaching theater, voice, yoga, and tai chi, he has been conducting movement and speech classes for people with Parkinson's disease at his studio and at Kaiser permanent Hospitals throughout the San Francisco Bay Area.

### **The Parkinson's Handbook**

#### **Dwight C. McGoon, M.D.**

"An inspiring, practical guide for patients and their families by a Mayo Clinic surgeon with Parkinson's Disease"

Copyright 1990, 175 pages, \$13.95

Figures and Exhibits

Preface

Chapter 1 The Onset of Parkinson's

The Onset; Organization of This Book

My Unique Advantage as Author of This Book

Chapter 2 What Goes Wrong in Parkinson's

Normal Muscle Control

Abnormalities in Parkinson's

Who Gets Parkinson's

Chapter 3 Treatment

Drug Therapy; Drug Therapy is Only Palliative;

Prospects for Drug Therapy; My Treatment

Schedule; The Daily Drug Holiday; Surgery

Chapter 4 Fighting Back

My Amazing Evening Walks; Organizing Resources

Joint, Muscle, and Posture Preservation; Tremor

Muscular Rigidity; Problems in Moving About

Problems with Other Body Systems

Chapter 5 The Importance of Attitude

Glossary – 10 pages

Suggestions for Further Reading

Index – 14 pages

From back cover: The first of five commentaries:

"Reading this book ought to be a prerequisite for all persons involved in coping with Parkinson's Disease, be they patients, caregivers, or health care professionals."

### **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

Simon and Schuster, **1993**, 270 pages, \$13.00

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

- 1 Understanding Parkinson's Disease
- 2 The Story of Parkinson's Disease
- 3 PD: Its Causes and Progression
- 4 Understanding Drug Therapy
- 5 The Role of Diet and Exercise
- 6 Coming to Terms with Chronic Illness
- 7 The A to Z Guide to Symptoms and Side Effects
- 8 Help for the Caregiver
- 9 Planning Your Financial Future
- 10 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

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?

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## FREE from the American Parkinson Disease Association

Single copies of the following publications may be obtained free of charge by writing to the national APDA office (135 Parkinson Avenue, Staten Island, NY 10305) or by calling the toll-free number 1-800-223-2732 or faxing to 1-718-981-4399.

### EDUCATIONAL BOOKLETS

1. **Basic Information about Parkinson's Disease**  
4-page brochure (English, Chinese, Spanish)
2. **Parkinson's Disease Handbook** Symptoms, causes, treatment; 40-page booklet (English, German, Italian, Portuguese, Spanish, Russian)
3. **Be Active** – A suggested exercise program for people with Parkinson's disease; 25-page booklet (English, German, Italian)
4. **Be Independent** – Equipment and suggestions for daily living activities; 32-page booklet (English, German, Italian, Spanish)
5. **Speaking Effectively** – Speech and swallowing problems in Parkinson's disease; 34-page booklet (English, Japanese)
6. **Good Nutrition** 20-pages (English) new edition
7. **Young Parkinson's Handbook** – 78-page booklet (English)
8. **How to Start a Parkinson's Disease Support Group** – 24-page booklet (English, Italian)
9. **Aquatic Exercise for Parkinson's Disease**  
20 pages for patients and their families (English)
10. **Next Step After your Diagnosis – Finding Information and Support** 23 pages (English)
11. **My Mommy Has PD...But It's Okay!**  
20-page booklet for young children.

### EDUCATIONAL SUPPLEMENTS

Caring for the Caregiver: Body, Mind and Spirit

The Family Unit

The Fine Art of "Recreating & Socialization" with PD

Medical Management of PD

Vision Problems and PD

Mirapex in the Treatment of PD

Fatigue in Parkinson's Disease

Healthy Aging.

**DVD Managing Parkinson's – Strait Talk and Honest Hope**

Created by the Washington State Chapter of APDA especially for newly diagnosed Parkinson's patients and their loved ones. Leading experts explain what PD is and how it is treated, how to deal with symptoms of the disease and some of the medications' side-effects and how to keep a positive outlook dealing with it.

5/11/2007