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# **Living Well With Parkinson's**



SECOND EDITION

INCLUDING NEW INFORMATION ON:

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PROPER EXERCISE and NUTRITION

ADVICE for CAREGIVERS

ONLINE RESOURCES

GLENNA WOTTON ATWOOD
WITH LILA GREEN HUNNEWELL
AND ROXANNE MOORE SAUCIER

FOREWORD BY ROBERT G. FELDMAN, M.D. PROFESSOR AND CHAIRMAN EMERITUS, DEPARTMENT OF NEUROLOGY, BOSTON UNIVERSITY SCHOOL OF MEDICINE



## **Synopsis**

The long-awaited update to the definitive guide to successfully living with Parkinson's diseaseKnown for its upbeat, informative, and inspirational guidance, Living Well with Parkinson's includes a wealth of up-to-date medical information for Parkinson's sufferers, who number over 1 million in the U.S. alone. Combined with the author's poignant personal account of her own struggles with the disease, this new edition features coverage of pallidotomy (a new surgical technique), the dramatic implications of recent genetic research, and new drugs and therapies. The book also includes tips on dealing with social services and elder law, maintaining a positive attitude, handling issues with spouses and children, and finding support groups. Glenna Wotton Atwood, a former home economics teacher from Maine, lived with Parkinson's for over two decades until her death in 1998. Lila Green Hunnewell (Rockaway, NJ) is a freelance writer and editor. Roxanne Moore Saucier (Bangor, ME) is a journalist with the Bangor Daily News.

## **Book Information**

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& Dieting > Diseases & Physical Ailments > Nervous System

#### Customer Reviews

For the past 14 years an extremely close friend of mine has had many unexplainable symptoms (lack of smell, muscle cramping, choking, extreme abdominal pain with nausea after eating fiber or fat-rich foods, etc.) This November 2015 I noticed a resting tremor in the arm on his left side. This was the first time I suspected his issues were related to one disease which might be Parkinson's Disease (PD). However, I still dismissed this possibility because tremors can be related to other medical issues (one of which is benign) and he has only had this tremor three times. Periodically

over the past several months I noticed him walking slower, a frozen facial expression, and his right hand curled in front of him as if he had a stroke. On Dec 5, 2015 he really exhibited the slow walking, frozen face, and curled hand and he took forever to dress that morning. Later that evening I became certain (in my opinion) that he has PD due to his telling me about a change in his handwriting which I did not witness. Unfortunately, he refuses to go to the doctor or seek medical help from a neurologist even when I told him I believe he has PD. On extremely rare occasions he'll go to see a particular specialist for whatever ailment is almost killing him at the moment. As a result, since December 2015 I've completely immersed myself in learning about PD with some cursory investigation of illnesses that exhibit Parkinson-like symptoms because I wanted to be sure I was on the right track. Besides searching the Internet for information, I purchased seven (7) books on Parkinson's Disease (PD) of which this book is one.

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Handbook: A DIY Guide to Living Well with Chronic Illness

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