



Parkinson's Disease For Dummies

Michele Tagliati, Gary Guten, Jo Horne

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If you or someone you love has been diagnosed with Parkinson's Disease you're probably wrestling with fear, despair, and countless questions about the future. It's brighter than you think. In *Parkinson's Disease for Dummies*, you'll discover how to keep a positive attitude and lead an active, productive life as this user-friendly, guide pilots you through the important steps toward taking charge of your condition. It helps you:

- Make sure you have an accurate diagnosis
- Assemble and work with your health care team
- Inform others about your condition
- Choose the most effective medications
- Establish a diet and exercise regimen
- Consider surgical options, alternative therapies, and clinical trials
- Maintain healthy personal and professional relationships
- Adjust your routine as your PD progresses

This one-stop resource provides proven coping skills, first-hand advice, and practical tools, such as worksheets to assess care options, questions to ask doctors, and current listings of care providers.

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