



Parkinson's Disease and the Family: A New Guide (The Harvard University Press Family Health Guides)

Nutan Sharma M.D., Elaine Richman Ph.D.

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Parkinson's disease is a movement disorder characterized by tremor, stiffness, and slow gait. It affects 500,000 people in the United States, with approximately 50,000 new cases diagnosed annually. But its impact is much wider. Family members with little understanding of the disease often find themselves struggling to help their loved one navigate the complexities of the health care system. Patients wonder, Which treatments are best for me? Will I be able to live on my own? Should I join a drug trial? In this straightforward, compassionate guide, Nutan Sharma and Elaine Richman address these concerns and more. They provide a thorough review of the etiology, diagnosis, and current treatment of Parkinson's, with special consideration given to the effect on family dynamics and routines--including the often neglected topics of long-term care and sexual function. The authors also review the pros and cons of various alternative therapies, including nutritional supplements, massage therapy, and traditional Chinese medicine.

Too often, with Parkinson's disease, a loved one serves as medical interpreter, patient advocate, and caregiver. In *Parkinson's Disease and the Family*, Nutan Sharma and Elaine Richman draw on the latest research and clinical practice techniques to offer valuable suggestions for managing patient care and, perhaps more important, for healing the family unit.

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Spent a free time for you to be fun activity to accomplish! A lot of people spent their down time with their family, or their very own friends. Usually they undertaking activity like watching television, going to beach, or picnic from the park. They actually doing same every week. Do you feel it? Do you need to something different to fill your current free time/ holiday? Can be reading a book is usually option to fill your free time/ holiday. The first thing you will ask may be what kinds of book that you should read. If you want to try out look for book, may be the reserve untitled Parkinson's Disease and the Family: A New Guide (The Harvard University Press Family Health Guides) can be great book to read. May be it might be best activity to you.

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