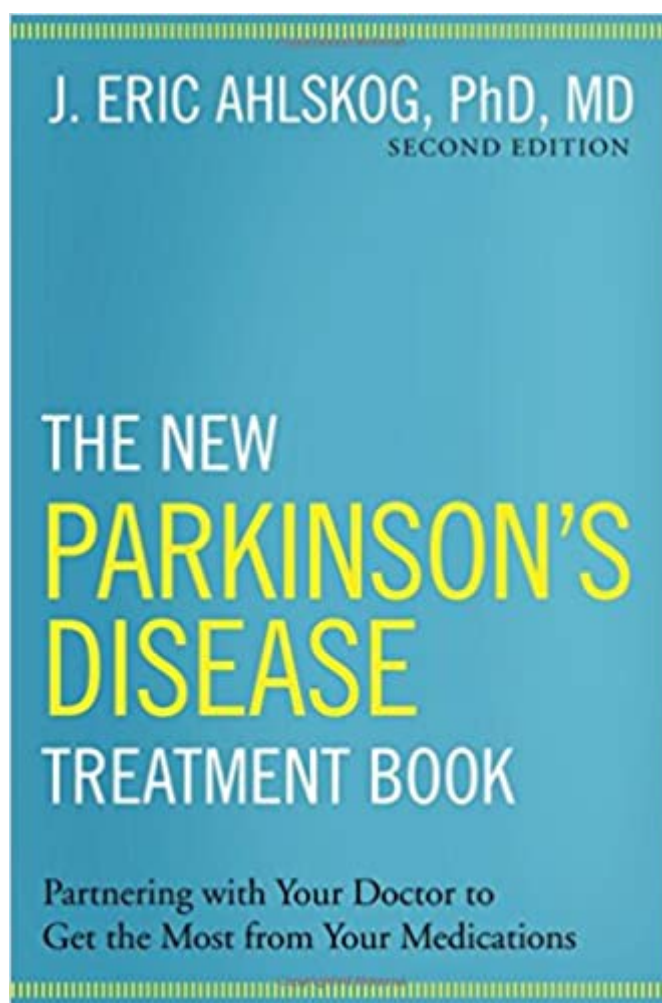


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# The New Parkinson's Disease Treatment Book: Partnering With Your Doctor To Get The Most From Your Medications



## Synopsis

The fundamental guide to the most effective treatments for Parkinson's Disease, from a Mayo Clinic doctor with thirty years of clinical and research experience. In this second edition follow-up to the extremely successful first edition, Dr. Ahlskog draws on thirty years of clinical experience to present the definitive guide to dealing with all aspects of Parkinson's Disease, from treatment options and side effects to the impact of the disease on caregivers and family. Dr. Ahlskog's goal is to educate patients so that they can better team up with their doctors to do battle with the disease, streamlining the decision-making process and enhancing their treatment. To do this, Dr. Ahlskog offers a gold mine of information, distilled from his years of experience treating people with Parkinson's at the Mayo Clinic. In addition to providing a comprehensive account of Parkinson's medications, this book also examines additional aspects of treatment, such as the role of nutrition, exercise, and physical therapy. Although many commendable texts have been written on the subject of Parkinson's Disease, their discussions of treatment have not been in depth. Dr. Ahlskog sifts through aspects of the disease in order to give the reader a comprehensive sense of Parkinson's and the best available treatment options. With a broader understanding of the disease and the available options, patients are able to make more informed choices, and doctors are able to provide more tailored care. This book delivers hopeful, helpful, and extensive information to all parties concerned: patients, caregivers, and doctors. The ultimate guide to symptoms and treatment, this thoroughly updated second edition is the first place patients should turn for reliable, easy-to-grasp information on Parkinson's Disease.

## Book Information

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## Customer Reviews

"Eric Ahlskog of the Mayo Clinic is one of the country's leading experts in Parkinson's disease. His 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 "Dr. Ahlskog writes with true authority based on his strong scientific background, vast clinical experience, and ability to synthesize laboratory science and clinical acumen in a manner digestible and useful for the non-physician. 'Be a partner, not a patient' is an admonition that is particularly constructive in optimizing the interactions between patients with Parkinson's disease and their caregivers. In order to be an effective partner, it is essential that patients and their caregivers develop a basic, core understanding of the diagnosis, treatment, course, and likely complications of the disease. A careful reading of The Parkinson's Disease Treatment Book is a substantial first step for patients in assuming full partnership."--G. Frederick Wooten, M.D., Chairman of the Scientific Advisory Board, American Parkinson Disease Association "Dr. Ahlskog, one of the top specialists in Parkinson's disease, has put down in this wonderful book up-to-date information on all aspects of Parkinson's disease as well as his extensive experience and wisdom gained by caring for, and especially caring about, people with Parkinson's disease for over two decades. It is filled with practical information and written in a style that is sophisticated enough to be useful but at the same time easily understandable by people with Parkinson's disease, their friends, and their families. As information is one of the most potent therapies for people dealing with Parkinson's disease, this book represents a major treatment breakthrough."--Stephen G. Reich, M.D., Associate Professor, Department of Neurology, The University of Maryland School of Medicine "Dr. Ahlskog has provided a remarkably readable and immensely useful book on the treatment of Parkinson's disease, addressed to patients and their caregivers. He lays out a wise approach to this complex and multifaceted disease which comes from many years of his own personal experience. What shines through is his very special sensitivity to his patients and a lucid understanding of their needs. All aspects of the disease are covered... Special attention is paid to the many non-motor problems that are all too often neglected in the treatment of patients such as anxiety, depression, sleep disorders, sexuality issues, and problems with bladder, bowel, and blood pressure regulation. Most importantly, many of the myths and ill-conceived notions surrounding the treatment of Parkinson's disease are met head on and convincingly dispelled."--Daniel Tarsy, M.D., Chief, Parkinson's Disease and Movement Disorders

Center, Beth Israel Deaconess Medical Center "Dr. Ahlskog has again produced a uniquely informative, focused, and readable treatise on Parkinson's disease. Unlike many other guides for Parkinson's patients, this one doesn't attempt to present the entire confusing universe of disparate management options, but rather presents the well-informed opinions of a single seasoned and highly respected practitioner. Virtually every rational question that a patient might pose is addressed here using scientifically correct, but eminently understandable language. Parkinson's disease patients, their care-givers, and their physicians will all benefit from this treasure trove of clinical wisdom." -Robert Rodnitzky, MD, Director of the Division of Movement Disorders, University of Iowa Carver College of Medicine"Dr. Eric Ahlskog from the Mayo Clinic is the leading authority on Parkinson's disease. With over thirty years of experience treating Parkinson's disease patients, Dr. Ahlskog shares his expertise on treating all of the possible symptoms that a patient may encounter in the different stages of PD. His advice is direct and understandable. Patients and caregivers will turn to this book again and again over the years to answer their questions and use the information to better partner with their healthcare providers in achieving the best possible outcome. I will recommend this book to all of my patients as the main source for learning about the disease and the available treatment options." -Kevin J. Klos, MD, Movement Disorder Clinic of Oklahoma"Hundreds of questions will arise during the course of Parkinson's disease regarding diagnosis, symptoms, and treatment options. Dr. Ahlskog draws on his decades of neurological practice to lay out information that answers just about all of these questions. Information is power, and the well-informed patient is in the best position to navigate this condition. The book can be read cover to cover, or the reader can turn to the topic of interest and find explanations delivered in a conversational style. Many of my patients use the first edition as a guide, and are eagerly awaiting this updated version." -Padraig O'Suilleabhain, MD, Associate Professor of Neurology and Neurotherapeutics, University of Texas Southwestern Medical Center"Dr. Ahlskog has written a go-to text: straight forward, down-to-earth, and eminently readable. With his PhD focused on pharmacology, and his many years of research and clinical experience as a neurologist and a director of the Mayo Clinic's PD program, there is no one I trust more than Eric. Unlike others in the field, he has never compromised himself to the fashion of the day. I recommend this book wholeheartedly to professionals, patients, and their families." -Bradley C. Hiner, MD, Professor of Neurology, Medical College of Wisconsin and Neurologic Director, Deep Brain Stimulation Program"This is a valuable resource for anyone affected by Parkinson's disease. Written by an expert clinician and researcher who has been working with Parkinson's disease for over 30 years, this is a reliable and easy to use guide that enables patients and their families to make informed decisions necessary for dealing with this

complex disease." --Doody's

J. Eric Ahlskog, PhD, MD, 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 a leading authority on this disorder, he has more than 30 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 treatment protocols.

This book is well written and quite helpful/useful information as my husband has Parkinson's Disease. It does use medical terminology/information which could be difficult for some readers but the reader could skip the heaviest areas (brain and chemistry neurology). I read it from cover to cover however my husband (retired engineer) who has no interest in higher level medical details read the easiest parts (timing of medications, nutrition, side effects of Parkinson's, etc.). It's a good reference book and at my husband's next neurology appointment we will share it with his doctor. One thought to keep in mind and remember in life situations is, "knowledge" is power. The more you know, the easier a disease is to manage.

I am a caregiver for someone with PD (Parkinson's Disease). Although it can be challenging sometimes to read this book due to all the new vocabulary, it has been tremendously helpful to understand what the doctor is saying. People with PD only get to see their doctor every 9-12 months due to patient overload so it is extremely helpful to be able to understand and converse with the doc!!! PD is not the type of disease you can just take some pills and not think about it very much. I gave this book 5 stars because I think it very important!!

I have had Parkinson's Disease for 6 years. I have a few books on the subject including the previous book by Ahlskog. This book is very complete and in depth. It is not the easiest read, but contains the most amount of detailed information on the subject. I refer to often and I'm glad the author published the updated version.

Dr Ahlskog with his 30 year-experience in the field of treatment and research of PD has updated his original book that contains so much useful and new information that I think every PD patient and his or her caregiver should read.

A very well written book. A lot of outstanding information.

Unfortunately we needed answers and this is a good resource.

Great information for anyone who have Parkinsons or anyone who has a loved o e with Parkinsons.  
Best book I have found so far.

The best book you will find on Parkinson's disease. It can be used as a reference to look up any symptom that the patient is suffering from and wonders if it may be related to their Parkinson's. Dr. Ahlskog has dedicated his career to movement disorders, and his knowledge will be of direct benefits to patients suffering form Parkinson's disease.

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