

## **NPF WNY Parkinson Disease Library**

All are available for borrowing. Call 716 449 3795

### **BOOKS**

#### **Guides to Parkinson Disease written by People with Parkinson's**

**Courage behind the Mask: coping with Parkinson's disease**, by Lucille Carlton and Robert E Carlton. 1992.

*Written by a husband and wife, they describe the problems of living with a partner suffering with PD, and how they together cope with it.*

**The First Year – Parkinson's disease: an essential guide for the newly diagnosed**, by Jackie Hunt Christensen. Marlowe and Company, 2005

*A Patient-expert walks you through everything you need to learn and do*

**Living with Parkinson's disease: a patient's perspective (Or don't rush me! I'm coping as fast as I can)**. By Jon Robert Pierce, Spectrum, 1989.

**More Living with Parkinson's disease: a patient's perspective**. 2<sup>nd</sup>. Edition. By Jon Robert Pierce. Creative Solutions, 1995.

*Practical solutions to everyday problems commonly facing PWP*

**The Peripatetic Pursuit of Parkinson's disease**, by the Parkinson Creative Collective, 2013.

*"For those with Parkinson Disease (PD), it's a support group between two covers; and for everyone else, it's a window into the world of living with PD."*

**A Soft Voice in a Noisy World: a guide to dealing and healing with Parkinson's disease**, by Karl Robb. RobbWorks, 2012.

*The author, having lived with PD for 30 years, offers his vision for living well and coping with daily challenges.*

**When Parkinson's Strikes early: voices, choices, resources and treatment**, by Barbara Blake Krebs and Linda Herman. Hunter House, 2001.

*Contains e-mail conversations from an online discussion group, essays, poetry and life stories woven together into a global conversation about living with PD and the special challenges for young onset patients. Also highlights the role of the Internet in increasing knowledge, awareness and patient advocacy.*

## **Books about Parkinson Disease written by medical/ health care personnel**

**100 Questions and Answers about Parkinson Disease**, by Abraham Lieberman MD; the Muhammad Ali Parkinson Center. (2 copies) **First ed.** Jones and Bartlett, **2003**. Second ed., 2011

**Diagnosis and Management of Parkinson's disease**, by Cheryl H. Waters, MD, Sixth ed. Professional Communications, 2008.

*This manual is geared to medical professionals, It reviews the causes, diagnosis, treatment and management of PD.*

**Living with Parkinson's: a guide for the patient and caregiver**, by David L. Carroll, Harper Collins, **1992**.

**Making the Connection Between Brain and Behavior: Coping with Parkinson Disease.** By Joseph H. Friedman, MD. Demos Medical Publishing, 2007.

*Discusses behavioral symptoms of PD, such as depression, anxiety, hallucinations, disrupted sleep. Many people are not aware that these problems are connected with PD*

**NPF Parkinson Disease Patient Guides** are available through NPF WNY for free. Informative and up-to-date. Current booklets include:

**Caring and Coping**, 2012

**Deep Brain Stimulation: a practical guide for patients and families**, 2014.

**Fitness Counts**, 2014.

**Managing Advanced Parkinson Disease**, 2014,

**Medications**, 2014

**Mind, Mood and Memory**, 2013

**Nutrition Matters**, 2013

**Practical Pointers for Parkinson Disease**, 2012.

**Speech and Swallowing**, 2<sup>nd</sup> Ed.

**What You and Your Family Should Know**, 3<sup>rd</sup> Ed.

**Parkinson's disease (Oxford American Neurology Library).** Edited by Tanya Simuni and Rajesh Pahwa. Oxford University Press, 2009.

*Medical guide about new developments in the diagnosis, treatment and management of PD. Written for primary care doctors and internists who are treating PWP.*

**The Brain's Way of Healing: Remarkable Discoveries and Recoveries from the Frontiers of Neuroplasticity,** by Norman Doidge, MD. Viking, 2015

**The Parkinson's Handbook,** by Dwight C. McGoon, MD. W.W. Norton, 1999.

*A practical guide for patients and their families from the Mayo Clinic*

**Shaking Up Parkinson Disease: fighting like a tiger, thinking like a fox,** by Abraham Lieberman, MD. Jones and Bartlett, 2002. (2 copies)

*How PD is recognized, what causes it, who gets it, coping, where to get help, etc. Patient case studies, a quality of life survey and Biblical references are included*

**Understanding Parkinson's disease: a self-help guide,** by David Cram MD, 2<sup>nd</sup> ed. Addicus Books, 2009

## **Personal accounts of living with PD**

**Carolyn's Journey: from Parkinson's disease to a nearly normal life after Deep Brain Stimulation.** By Victor Anderson, DeForest Press, 2006.

*The journey of a woman with PD through the eyes of her husband and caregiver. Includes practical information, such as dealing with doctors and insurance companies.*

**It's all in your head: Living and coping with Parkinson's disease,** by Russell J. Ahlstrom. Rutledge Books, 1999..

*The author was diagnosed at the age of 21. His memoir informs and inspires its readers to live as full a life as possible.*

**More Than a Mountain: Our leap of faith, by the Leap of Faith Climbers, 2012.**

*True story about an expedition to the top of Mt. Kilimanjaro by a group of mountain climbers including 14 people with Parkinson's or MS.*

**Proud Hands: Personal victories with Parkinson's.** American Parkinson's disease Association, 2007, (2 copies)

*People with Parkinson's from various locations and walks of life provide their perspective on overcoming obstacles in their lives. Photographs of the authors included*

## **Exercise and PD**

**Delay the Disease: Exercise and Parkinson's disease.** By David Zid. Columbus Health Works Productions, 2007. DVD version of the book is also available

*Exercise program options developed for various PD symptoms and physical abilities. The beneficial effects of exercise for PWP is also discussed.*

**Falls Prevention Workbook.** Lee Memorial Health System.

## **Media**

**Absolute Stillness: A journey of relaxation and motivation for People with Parkinson Disease (CD)** Muhammed Ali Parkinson Center, 2007.

*An audio program for PWP "to comfort, inspire and help them live life with a positive attitude."*

**Capturing Grace: a film by David Iverson (DVD), 2015**

*An award winning documentary about the collaboration between a dance company teaching dance to PD patients in Brooklyn NY to dance. It depicts how the lives of both groups were transformed.*

**Just Take a Moment: A journey of relaxation and rejuvenation for the caregivers of Parkinson patients (CD).** Muhammed Ali Parkinson Center, 2007.

*An audio program for caregivers to help them "take care of themselves and live life with a positive mental outlook."*

**Managing Parkinson's: Straight talk and honest hope.** (DVD), American Parkinson Disease Association, 2005,

*"Created especially for the newly diagnosed, this "primer" on PD is a guide to maximizing quality of life in the face of chronic illness. A Parkinson's diagnosis doesn't mean your life is over"*

**Moving Day Volunteer (DVD).** National Parkinson Foundation. SEE ALSO website at: [www.npfmovingday.org](http://www.npfmovingday.org)