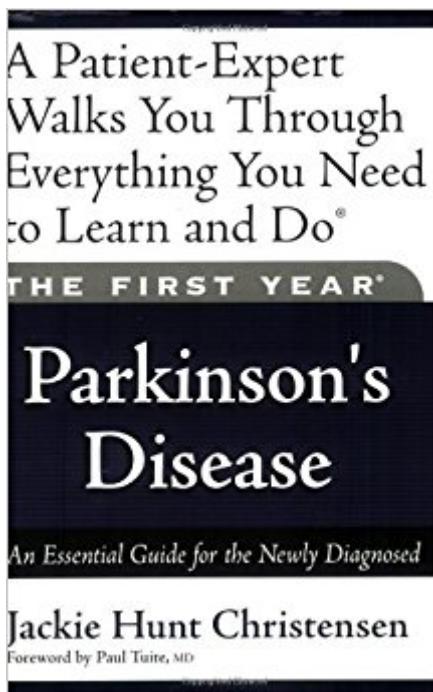


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# The First Year---Parkinson's Disease: An Essential Guide For The Newly Diagnosed



## **Synopsis**

Parkinson's disease—a chronic disorder that causes a progressive loss of nerve cell function in the part of the brain that controls muscle movement—is an incurable neurological condition with debilitating symptoms. Over 1.5 million Americans are affected, and the numbers continue to grow. From the first moment of her Parkinson's diagnosis, author Jackie Christensen took charge and educated herself on every aspect of her condition. Now, as a "patient-expert," she guides those newly diagnosed step by step through their first year with Parkinson's. She provides crucial information about the nature of the disease, treatment options, diet, exercise, charts and tables, social concerns, emotional issues, networking with others, and much more. The First Year; Parkinson's Disease will be an invaluable guide for all those who want to be an informed, active participant in the management of their condition.

## **Book Information**

Series: The First Year

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## **Customer Reviews**

reference book

I have so much more knowledge about my Parkinsons Disease. Jackie does a great job of putting things on a level that those of us who needed an overview of "where I am and where I am going?" I would recommend this book to people who just were diagnosed with PD and their caregivers.

Thanks for writing this from your experience and heart. Helps me understand friend and her

condition. Anybody dealing with Parkinsons will find this a must read.

Not really about the 1st year -- although it divides things up that way. I wasn't overly impressed by this book, but I like hard scientific facts better than artificially dividing things up into a pretend year.

This is an excellent book for those patients with Parkinson's dis. It gave me a lot of information and suggestions on dealing with this disease

Very informative

Very informative and written in laymans terms and with a bit of humor to lighten the mood

My husband was recently diagnosed with Parkinson's and I purchased this book to help us understand the disease and how to cope with it. It has been extremely helpful and we are reading it together and talking with the doctor about it. She said it was an excellent resource book for Parkinson's. Thank you!

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