



# Understanding Parkinson's Disease: A Self-Help Guide

*David L. Cram MD, Xiao Gao MD, Steven Schechter MD*

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**Understanding Parkinson's Disease: A Self-Help Guide** David L. Cram MD, Xiao Gao MD, Steven Schechter MD

Addressing a disease that affects half a million Americans today—with 100,000 new cases diagnosed annually—this reference emphasizes how treatment and education are vital to maintaining the best quality of life possible. Coauthored by a former physician who has lived with Parkinson's for 20 years, this handbook discusses both the basics of the disease, for which there is no “cure,” and ways that patients can stay active and maintain independence. Additional topics include symptoms and stages, treatment options, the role of self-help, the emotional side of the illness, day-to-day coping, benefits of exercise, choosing the right doctor, and care for caregivers. Going beyond standard medical information, this unique study also offers a sense of hope, featuring inspirational quotes from dozens of Parkinson's patients.

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