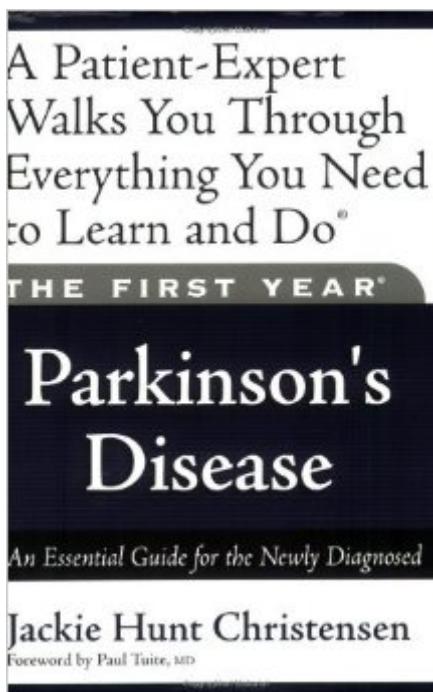


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# The First Year---Parkinson's Disease: An Essential Guide For The Newly Diagnosed



## 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

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## Customer Reviews

This book has, under one cover, all the info we received via pamphlets and verbally over the past eleven years since diagnosis. It is exceptionally well researched, and more importantly, is an honest sharing of the ups and downs which only a patient of Parkinson's can reveal. A handy reference which will support the PD patient and care partner in advocating for the best treatment available.

This book has been the most helpful to me so far. I was diagnosed 3 years ago, but my symptoms have not progressed rapidly. She revealed to me many ways to help my attitude, my relationship

with my wife, and how to deal with everyday living. She also has prepared me for some things which may come in the future. It is a MUST read for anyone who has been recently diagnosed.

As the wife of a 'new' Parkinson's patient (diagnosed last year) I've been going through the books on this subject like they were water. This is the first book that I've found that answered my questions and gave me a list of resources to go to. There are so many variables to this insidious disease, and trying to learn about it is hard work. This book has turned out to be an absolute gold mine for me.

The First Year- Parkinson's was easy to understand. The use of personal accounts, some emotional situations and sprinkled with humor throughout, helped to make a connection with this reader. The wide range of relationships affected by a chronic illness were clearly identified by Ms. Christensen. I strongly encourage you to read this helpful and insightful book whether you are a "Parkie", know someone who is, or are in the healthcare field and have contact with "Parkies", this book will open your eyes.

I think this book was absolutely wonderful. It answered many questions for my husband, and our family. It was written in a kind and compassionate way, but telling the truth. I bought it and sent it to several relatives.

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.

The First Year---Parkinson's Disease: An Essential Guide for the Newly Diagnosed is a very helpful book. It has done a good job in telling me what to expect. It was hopeful in that it suggested that I still have many years left before Parkinsons closes in on me. The style is light and easy to read. At the same time it is helpful in that it leads you through all of the stages. At the same time it suggest things you should do -- like letting your family know what is going on.

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.

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