

Learn more about Neurological Disorders and Parkinson's Disease

Provided to you by
Ask the Librarian!
A service of the
Aurora Libraries

Websites

AuroraHealthCare.org Explore *Aurora Health Care's* website of health information. Click or hover over the "Medical Services" tab, then click "Neurology & Neurosurgery" to find basic information on a wide range of topics, including Parkinson's disease, stroke care, epilepsy, brain injury and trauma, headache and migraine care, stem cell/regenerative medicine and more.

ninds.nih.gov/disorders/disorder_index.htm This list from *The National Institute of Neurological Disorders and Stroke* includes a comprehensive index of conditions as well as contact information for disease-specific support groups and foundations. Visit this site to learn about tests used to diagnose these disorders: www.ninds.nih.gov/disorders/misc/diagnostic_tests.htm. For detailed information about Parkinson's disease, including treatments, prognosis and alternative therapies, visit: www.ninds.nih.gov/disorders/parkinsons_disease/detail_parkinsons_disease.htm.

nlm.nih.gov/medlineplus/neurologicdiseases.html *MedlinePlus*, a service of the National Library of Medicine and the National Institutes of Health, includes a description and links to neurological and brain disorders in categories, such as genetic (muscular dystrophy), degenerative (Parkinson's disease), infections (meningitis) and more.

apdaparkinson.org/publications-information/basic-info-about-pd Basic information from the *American Parkinson Disease Association* includes treatment and the latest research, as well as free brochures on coping, specific exercise programs for Parkinson's disease, caregiving tips and more.

michaeljfox.org *Michael J. Fox Foundation for Parkinson's Research* includes information for those newly diagnosed, stories of people affected by PD, a guide for caregivers and a short video showing the parts of the brain affected by PD.

Local resources

Wisconsin Parkinson Foundation provides education, outreach, exercise programs and support groups to those diagnosed with Parkinson's Disease. Call 414-219-7061 for more information. Located at 945 N. 12t Street in Milwaukee, WI.

Books

Always Looking Up: The Adventures of an Incurable Optimist, by Michael J. Fox, Hyperion, 2009, ISBN 9781401303389, \$25.99, 279 pages. Actor Michael J. Fox pulls no punches describing the hardships - both physical and emotional - that accompanied his diagnosis with Parkinson's, while we are quickly reminded that for every challenge the disease brought, the author trained himself to find the silver lining.

Navigating Life with Parkinson Disease, by Sotirios Parashos, Oxford University Press, 2013, ISBN 9780199897780, \$19.95, 295 pages. Author Sotirios Parashos, MD, PhD, and Chair of Medical Research at Struthers Parkinson's Center, has crafted a guide for patients, caregivers, family, and friends of people affected by Parkinson's. This book contains current information on the disease, treatments, and practical advice on lifestyle adjustments for higher quality of life, as well as long-term management.

Neuromuscular Disorders: Management and Therapy, by Tulio E. Bertorini MD, Saunders, 2011, ISBN 9781437703726, \$215.00. Neuromuscular Disorders presents a multi-disciplinary approach to the management and therapeutic treatment of the full range of neuromuscular disorders and resulting complications. Dr. Tulio Bertorini and a contributing team of the world's leading authorities in the field provide the latest tools and strategies for minimizing disability and maximizing quality of life. You may easily refer to tools for diagnosis, treatment algorithms, and drug tables included throughout the text.

Yoga and Parkinson's Disease: A Journey to Health and Healing, by Peggy van Hulsteyn, Demos Medical Publishing, LLC, 2013, ISBN 9781936303502, \$21.95, 116 pages. This book is a guide for using yoga to manage stress and maintain, or improve, mental alertness and physicality. All of this is based on research showing a correlation between yoga and improved outcomes after a Parkinson's disease diagnosis, and overall better health.

Books on this topic are available for checkout from Aurora Libraries and may be available at your public library.