

Offering Hope To Parkinson Patients, Caregivers

(NAPSA)—A new book on Parkinson Disease promises to help patients and caregivers better manage the disease.

Parkinson Disease is a chronic neurological condition that affects 1.5 million Americans—and that number is expected to rise as the population ages. Symptoms include limbs that tremble when relaxed; slow, incomplete movements; stiff joints and muscles; and loss of balance and coordination.

The book, *Shaking Up Parkinson* (Jones and Bartlett, \$18.95), was written by Dr. Abraham Lieberman, internationally recognized expert and national medical director of the National Parkinson Foundation. It explains Parkinson—how it's recognized, what causes it, who gets it, practical strategies for dealing with the disease, when and how to get help and much more.

Using patient case studies, facts about the disease, a survey that assesses quality of life and Biblical references, Lieberman shows how patients at all stages of the disease can maintain their quality of life. Celebrities with family members suffering from Parkinson—from Dick Clark to actress Christine Lahti—also contribute their personal and inspirational stories about coping with the disease.

All royalties from the book go to the National Parkinson Foundation, which is committed to research, education and support services.

"We're thrilled that Dr. Lieberman has chosen to contribute his time and wisdom to assembling



Fighting Like a Tiger, Thinking Like a Fox



A new book on Parkinson disease contains important information on coping with the condition.

such a comprehensive book on managing Parkinson Disease for patients, caregivers and family members," said Herbert Zemel, President of the National Parkinson Foundation.

Lieberman is the author/co-author of five books on Parkinson Disease. He is a Fellow of the American Academy of Neurology, the American Neurological Association and the Movement Disorder Society. Approximately 10,000 patients and caregivers view his interactive column, "Ask Dr. Lieberman," daily on the Web at www.parkinson.org.

Shaking Up Parkinson is available through the NPF (1-800-327-4545, ext. 3883), the publisher (www.jbpub.com) or via bookstores.