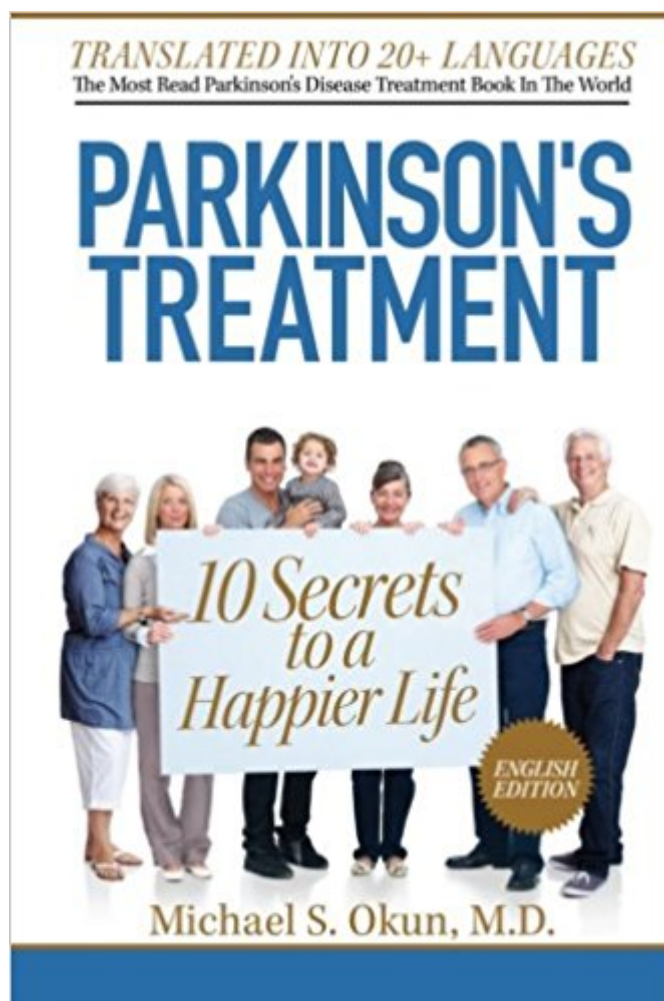


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# Parkinson's Treatment: 10 Secrets To A Happier Life: English Edition



## Synopsis

Internationally renowned as both a neurologist and a leading researcher, Dr. Okun has been referred to as, “the voice of the Parkinson’s disease patient.” He has an international following on the National Parkinson Foundation’s Ask the Doctor web-forum. His many books and internet blog posts are brimming with up-to date and extremely practical information. He has a talent for infusing his readers with positivity and optimism. In his current book, he unmask the important secrets applicable to every Parkinson’s disease patient. For some sufferers the secrets have translated into walking again, for others they have restored voices, and for many they have resulted in the lifting of a depression, anxiety and desperation cloud. "There isn't any joking with Dr. Okun about the 10 Secrets for a Happier Life in Parkinson's disease. This book is a critical resource for Parkinson's disease patients and families from around the world who speak different languages, but suffer from very similar and often disabling symptoms."

Muhammad Ali The book addresses current Parkinson’s disease issues and also details emerging therapies (DBS, stem cells, vaccines, gene therapy, optogenetics). Okun masterfully breaks down all of the science into an easy to follow and pleasurable reading experience. Parkinson’s Treatment: 10 Secrets to a Happier Life is available in over 20 language translations, and also in an audio version. Dr. Okun has truly helped thousands of Parkinson’s disease patients and families discover the core values necessary to achieve happiness despite living with a chronic disease.

## Book Information

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## Customer Reviews

Michael S. Okun, MD is considered a world's authority on Parkinson's disease treatment, and his publications provide a voice and an outlet to empower people living all over the world. He is currently Administrative Director and Co-director of the University of Florida Center for Movement Disorders and Neurorestoration. The center he runs is unique in that it is comprised of over 45 interdisciplinary faculty members from diverse areas of campus, all of whom are dedicated to care, outreach, education and research. Dr. Okun has been dedicated to this interdisciplinary care concept, and since his appointment as the National Medical Director for the National Parkinson Foundation in 2006, he has worked with the 43 international NPF centers of excellence to help foster the best possible environments for care, research and outreach in Parkinson disease, dystonia, Tourette, and movement disorders. Dr. Okun has been supported by grants from the National Parkinson Foundation, the National Institutes of Health, the Parkinson Alliance, and the Michael J. Fox Foundation for Parkinson's Disease Research, and he currently runs the online international "Ask The Expert" forums, on the National Parkinson Foundation website. The forum is a free service that answers questions from every continent (except Antarctica) and has over 10,000 postings in the last 3 years alone. Dr. Okun has dedicated much of his career to the development of care centers for people suffering with movement disorders, but has also has enjoyed a prolific research career exploring non-motor basal ganglia brain features, and he has participated in pioneering studies exploring the cognitive, behavioral, and mood effects of deep brain stimulation (DBS). Dr. Okun holds the Adelaide Lackner Professorship in Neurology, has published over 300 peer-reviewed articles and chapters, is a published poet (Lessons From the Bedside, 1995, available at .com), and has served as a reviewer for more than 25 major medical journals including JAMA and the New England Journal of Medicine. He has been invited to speak about Parkinson disease and movement disorders all over the world. His published works can be found in many sources and many languages and in such places as the New England Journal of Medicine and on the patient forums and blogs at the National Parkinson Foundation and at <http://www.parkinsonsecrets.com>.

I Read this book in detail. Loved the details and things other books had not caught my attention with. Here are some examples:- Be aggressive about treating depression and anxiety,- Parkinson's is Not Alzheimer's - contrary to popular opinion - and why,- the need to monitor and change dosages and dosage intervals to match changing conditions,- the depth of the technology section including DBS,- the emphasis that Dopamine replacement therapy does Not accelerate disease progression,- that Parkinson's is Not just one disease,- the case for visiting an interdisciplinary team

at least once a year( PT, Occupational Therapy, psychologist, psychiatrist, speech/swallow therapist and social worker)- and finally the 13 points of advice at the end beginning with "Do not be defined by the disease".After I reading the book I corresponded with Dr Okun who most pleasantly replied to a question I posed. I am now scheduled to travel for a appointment with Dr Okun for a second opinion on my diagnosis of Parkinson's and if I do not have it, what is it that I do have.While I am an avid reader of Kindle books this is the first review I have ever written. I Liked the book!

In Michael Okun's introduction to his new book, he talks about the experiences he has had with hundreds of patients and their families. He has formed a philosophy of care that comes from incredible wisdom and heart. How do I know that? I'm one of the lucky ones who have had the privilege of having Michael Okun as my neurologist. In my 16 years of having Parkinson's, I met a true Renaissance man who is a poet, a historian, and is incredibly knowledgeable about disease and how that disease affects your life and the lives of those around you.All the chapters in Michael's book are valuable. A newly diagnosed "Parky" will have a great guide to determining how to live his or her life. The book is also a reminder to veteran patients to "stop worrying about a cure" and "get on with it"! The chapter on DBS is especially well written for the lay person who may be considering "electrifying his or her brain". I fortunately had Michael to explain all that to me as I considered and chose DBS in 2007.The last chapter on identifying your core values and determining how to live your life is perhaps the most helpful. I paraphrase a former psychology professor who said, "How sad to get to the end of your life and believe that you have not mattered." Michael will never have to worry about feeling that way. He matters to each person with whom he interacts in person or in writing.

This was the first book I purchased and read from cover to cover within days of my diagnosis of early onset Parkinson's disease. If you want to be an informed patient and feel better armed to face the future with a positive outlook, I highly recommend this book. Dr. Okun highlights critical issues that are vital to understand, empowering the patient to be their own best advocate. It is obvious that he truly is "on our side" and feels passionate about communicating this important advice and having a positive impact on the lives of people with Parkinson's disease. There is information that applies to patients at all stages of the disease, divided into easy to digest, straightforward chapters. He respects his audience enough to be honest with them about the difficult and often depressing things they are facing, but he infuses his advice with a sense of optimism, positivity, and hope.

This explains a lot of the ups and downs of living with Parkinson's Disease. My husband was diagnosed in 2011 at the Mayo Clinic in Jacksonville Florida and I wish I had found the information provided in this book earlier. He has lived with many of the signs and symptoms that we did not know was associated with Parkinson's. I have always found that education is the most powerful tool available in combating any crisis you face in life. This book will be a powerful asset for any Parkinson's patient and their family. Thank you so much for your time and compilation of this valuable information.

My wife, Barbara, was diagnosed with Parkinson's (Parky as Dr. Okun calls it) in 2012. She is fortunate to be a patient of the world class Movement Disorder Center at UF Health where DR. O has been instrumental in the development of this fine facility. Barbara's doctor at UF Health suggested this book to assist us in better understanding the disease and how to progress into your new life and challenges that Parky presents. Dr. O does a brilliant job of explaining how to meet the disease head on and prepare yourself for the challenges ahead so that you can do your best to not let the disease get ahead of you. It is a well written, easy to understand short read (yet comprehensive) insight into what Parky is, how treatments work, and how you do everything you can to make the most of your new life. I don't know how you could add much to everything Dr. O says in his book, because he just about says it all, except for what future research may bring to us. He is leading the charge on working for more ways to help us beat this with his research work and involvement with the National Parkinson's Foundation. Many thanks, Dr. O, for a great contribution to this field and for helping all of us!

Everyone who has PD or has a family member/friend with PD should read this book. It not only has great ideas for how to live with this disease but talks about new therapies and breakthroughs in research and in a way that everyone can understand. There is great HOPE and HONESTY in this book. Dr. Okun has great compassion for his patients and their families and is a great friend to our community. Carol Walton CEO The Parkinson Alliance

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