



# Understanding Parkinson's Disease: An Introduction for Patients and Caregivers

*Naheed Ali*

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Parkinson's disease is a degenerative neurological disease characterized primarily by cognitive deficiencies and problems with muscle movements and tremors; more than a half a million Americans have the disease and the current numbers are expected to increase over the next few years. *Understanding Parkinson's Disease* offers patients and their caregivers the kind of cutting-edge information that will allow them to successfully confront this debilitating disease on a number of fronts.

Dr. Naheed Ali provides patients with a hopeful perspective as well as practical ways of confronting and living with the disease. Patients will also be uniquely exposed to alternative approaches to managing the symptoms of the disease, including allopathic, osteopathic, and naturopathic approaches. While *Understanding Parkinson's Disease* also provides powerful techniques and real-world advice that sufferers can immediately put into practice, the book also encourages readers to gain a full understanding of the background of the disease.

Dr. Ali presents contemporary benchmark concepts and gives detailed advice that makes dealing with Parkinson's a much simpler and easier undertaking. The reader will be introduced to essential information on the risk factors associated with Parkinson's, the signs and symptoms, the different stages of the disease, the various treatments, as well as how the disease develops. Anyone looking for an introduction to both the science behind Parkinson's and the effects of its course on sufferers, as well as information about treatment and real life strategies for dealing with the debilitating symptoms, will find the information they need in this accessible resource.

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