



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

*Jackie Hunt Christensen*

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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.

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