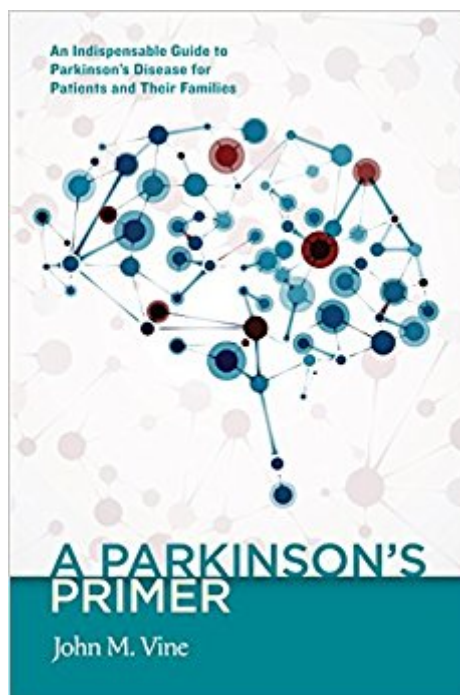




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# A Parkinson's Primer: An Indispensable Guide To Parkinson's Disease For Patients And Their Families



## Synopsis

John Vine says he wrote this book for people who have been newly diagnosed with Parkinson's disease. Well, I was diagnosed 24 years ago, and I still learned something new on every page.

Michael Kinsley, Vanity Fair columnist and author of *Old Age: A Beginner's Guide* Here is the book that John Vine and his wife, Joanne, wish they could have consulted when John was first diagnosed with Parkinson's disease; a nontechnical, personal guide written from the patient's perspective. Relying on his experiences over the past 12 years, John writes knowledgeably about all aspects of the disease. John also interviewed other Parkinson's patients and their partners, whose stories and advice he includes throughout the book. I wish we'd had John Vine's book when my brother-in-law was diagnosed. The book is highly informative, unflinchingly honest, and reassuringly optimistic. It's just what the doctor should have ordered.

Cokie Roberts, best-selling author and political commentator on ABC News and NPR John Vine details, in a compelling and accessible way, his experience with Parkinson's disease. His book is an extraordinary guide to living successfully with Parkinson's, and a must read for all who want to better understand the condition. Although diagnosed with Parkinson's, my father lived an active and productive life until his death at age 94. As the book makes clear, while each patient's journey is unique, common approaches are indispensable in treating the symptoms of the disease.

Eric H. Holder, Jr. served as the 82nd Attorney General of the United States from 2009 to 2015 John Vine has written the best primer I've ever read for newly diagnosed Parkinson's patients and their families. It helps them cope with the shock of diagnosis, gives them (jargon-free) the scientific basics they need to know, describes the symptoms they may experience (making clear that every case is different) and catalogs the resources available to navigate living with Parkinson's. John humanizes the book by describing his own experience and that of 22 other patients and their partners. I'd urge every neurologist to have copies of Vine's primer on hand to help new PD on their journey forward.

Morton Kondracke, author of *Saving Milly: Love, Politics and Parkinson's Disease* and a member of the Founders' Council of the Michael J. Fox Foundation My husband has PD, and I devoured this book. It's wise, wonderfully readable, and, above all, helpful. Since John Vine has PD, he speaks with great authority about the challenges, both physical and psychological. If you have Parkinson's, live with someone who has it, or just know someone battling the disease, *A Parkinson's Primer* is for you.

Lesley Stahl, award-winning television journalist on the CBS News program *60 Minutes* This is a remarkable book describing the personal experiences of many individuals, including the author, living with

Parkinson's disease. It captures the fact that although there are many possible symptoms in this disease, each person experiences different symptoms and copes with them in various ways. The thoughtful and insightful comments and coping strategies should be helpful for persons with PD, and their partners, regardless of the stage of the disease.

•Stephen Grill, MD, PhD, Director of the Parkinson's & Movement Disorders Center of Maryland

John M. Vine is a lawyer at Covington & Burling LLP in Washington, DC, where he is the senior member and former head of the firm's employee benefits group. He was diagnosed with Parkinson's in 2004.

## Book Information

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## Customer Reviews

Advance Praise for A Parkinson's Primer

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•Michael Kinsley, Vanity Fair columnist and author of Old Age: A Beginner's Guide

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John M. Vine is an attorney in Washington, D.C. Since his diagnosis with Parkinson s in 2004, John has spent much time learning about the disease, interview other patients and their partners, and developing the ideas presented in this book."

I purchased this for someone else, so I can't say anything for sure. She liked it.

Good product... good transaction :>

good information for those initially diagnosed with Parkinson's .

I absolutely love John's writing style. He has a great knack for conveying a lot of information in few words, probably a skill he honed while working as a lawyer for many years. The book is an easy

read for the most part. It contains a wealth of information and suggestions. Thanks John, for a valuable contribution to the Parkinson's community. I read a printed copy that I bought at a book signing event. The print was large enough to easily read so I did not get the Kindle version."Just as no two snowflakes are identical, no two Parkinson's Patients have identical symptoms. An individual Parkinson's patient does not have all or even most of the Parkinson's Symptoms". In Chapter 4, "Movement Symptoms", and in Chapter 5, "Non-movement Symptoms", John provides lists of symptoms with brief clear descriptions. I cannot help but think how useful it would be for a person newly diagnosed with Parkinson's to use a yellow highlighter as they read those two chapters. In addition to providing a useful reference that can be shared with their neurologist, spouse/partner, certain family, friends, and co-workers, ... anyone that they wish to share how Parkinson's impacts them. Chances are, while reading those two chapters, they will have several aha moments, finding possible explanations for issues the patient did not associate with Parkinson's. The book contains some patient interviews that do a great job showing how PD can affect patient's differently. It would have been nice to have more input from patient's who suffer from cognitive impairment, so I will add something here. For myself, those problems are proving very disruptive. In trying to explain it in a way others might be able to understand, it is like I am a planet orbiting the star of clear thinking and comprehension. I might orbit closely to that star for hours or days and then, for a reason that I have yet to pin down, it is like my orbit grows much longer and my mind heads off into the Pluto realm. I have no idea how long it will feel like I am getting further and further away from clear thinking nor how long before I return. It has been extremely frustrating and disruptive. It does not seem to be tied to when I take medication, my diet, my exercise or how much sleep I have had. Fortunately, I have the comfort of knowing that sooner or later I will be mentally sharp again. I have mentioned this analogy to a couple of other "Parkies" with cognitive disorders and they lit up and said they experience something very similar. Since PD is a snowflake disease, some people might be impacted by cognitive impairment in a completely different way. Here is a list of the movement and non-movement disorders in the book. Buy the book to see John's brief explanation of each as well as inputs from fellow "Parkies" that he interviewed for the book:

**Movement Disorders:-** Tremors- Muscle rigidity- Slow movement- Small movement- Impaired balance and postural instability- Difficulty walking- Freezing- Impaired dexterity- Facial masking- Swallowing difficulties- Speaking difficulties

**Non-movement disorders:-** Depression- Anxiety- Apathy- Fatigue and shortness of breath- Hallucinations, illusions and delusions- Impulse control disorders- Sleep disorders- Social isolation- Dementia- Dual task interference- Constipation- Urinary dysfunction- Low blood pressure- Sexual dysfunction- Skin disorders- Diminished sense of smell- Impaired vision- Loss of bone mass

This guide really is "indispensable." Authored by a Parkinson's patient, it is informative and inspiring. The use of interviews with Parkinson's patients and their partners throughout made all the subject matter all that more accessible and absorbable. Thank you John Vine.

I find this book an interesting read, informative and educational.

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