

100 Questions & Answers about Parkinson Disease by Abraham Lieberman and Marcia McCall. Sudbury, MA: Jones & Bartlett, 2003

Dr. Lieberman, an eminent neurologist who is the director of the National Parkinson Foundation, has produced a readable, informative volume which provides answers to questions regarding Parkinson's Disease. He focuses on the day-to-day concerns of people living with the disease, and deals with its progression, treatment options, quality of life, sources of support, and much more.

Availability for loan:

FM 490 L43 2003 Health Information & Wellness Centre, both locations

COMMUNITY RESOURCES

Parkinson Society of Canada

4211 Yonge Street, Suite 316
Toronto, Ontario M2P 2A9
Tel : 416-227-9700
1-800-565-3000

Email: general.info@parkinson.ca

Parkinson Society Toronto Chapter

4211 Yonge Street, Suite 321
Toronto, Ontario M2P 2A9
Tel: 416-227-1200

<http://www.parkinson.ca>

Parkinson Society Support Groups in Peel

Tel: 416-227-3372

CONTACT

Health Information & Wellness Centres

Trillium Health Centre - Mississauga

100 Queensway West
Mississauga L5B 1B8
905-848-7511

Trillium Health Centre - West Toronto

150 Sherway Drive
Toronto M9C 1A5
416-521-4187

Email: hiwc@thc.on.ca

<http://www.trilliumhealthcentre.org/health>

Mississauga Library System

905-615-3500 (for book locations)
<http://www.mississauga.ca/portal/residents/library>

Toronto Public Library

416-393-7131 (for book locations)
<http://www.torontopubliclibrary.ca>

This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.

To support the provision of health information at Trillium Health Centre, we have developed "HealthFinders" on a variety of health topics. These serve as starting points on your quest for health information, and represent just a selection of our resources. HealthFinders are also available through our web site at <http://www.trilliumhealthcentre.org/health>

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Life. We're in it together.

Parkinson's Disease



INTERNET SITES

Parkinson Society of Canada

<http://www.parkinson.ca>

This is a not for profit, national charitable organization which seeks the causes of and a cure for Parkinson's. Plenty of clearly written information on the disease itself is available at the site, as well as several helpful publications which can be downloaded directly. Click on 'Support & Education' and then 'Resources' to access these.

The National Parkinson Foundation

<http://www.parkinson.org>

A major U.S. site which provides a wealth of information on the disease. Click on the 'Parkinson's Disease' tab on the top toolbar to access details on causes, diagnosis, treatment, and coping skills. The Foundation also publishes a number of free publications on the topic, which can be ordered at the site. Other features include an excellent set of links to other relevant web sites, and access to several online discussion forums.

The Michael J. Fox Foundation for Parkinson's Research

<http://www.michaeljfox.org>

The actor Michael J. Fox was diagnosed with early onset Parkinson's in 1991, and in 1998 decided to go public and commit himself to raising money for research into the disease. The site's coverage of research in general is sparse; by and large it covers only the projects it funds. However, the collection of basic information and links make this a good first stop for those who are newly diagnosed.

National Institute of Neurological Disorders and Stroke

<http://tinyurl.com/jfexb>

This branch of the U.S. National Institutes of Health has a very informative section on Parkinson's Disease. It provides comprehensive information about the condition itself, along with links to clinical trials, current research, and other relevant reports and articles.

MedlinePlus <http://www.medlineplus.gov>

This authoritative site has a very long list of links to articles and features on Parkinson's, including an Interactive Health Tutorial on the disease which allows the user to follow a slide show with sounds and pictures. At the MedlinePlus homepage, click on Health Topics, the first link listed. This will take you to a page where you can select your topic from an alphabetical display – click on P, and follow the resulting list down to Parkinson's Disease. From there you can click to obtain a vast array of articles on the topic.

BOOKS

Living Well with Parkinson's 2nd ed. by Glenna Wotton Atwood. Hoboken, NJ: John Wiley, 2005

Drawing on the author's personal experience of living with Parkinson's, this well-established guide features a wealth of information. Topics covered include coping with the diagnosis, making changes in daily life, and developing a treatment plan. This revised edition presents information on new medications, surgical interventions, and physical therapy approaches.

Availability for loan:

FM 495 A89 2005 Health Information & Wellness Centre, both locations
616.833 ATW Mississauga Library System
616.833 ATW Toronto Public Library System

Taking Charge: a Guide to Living with Parkinson's by Pacific Parkinson's Research Centre. Toronto: Parkinson Society Canada, 2003

This is an informative publication which aims to give patients, their families and caregivers the knowledge and tools to understand and manage Parkinson's, in the best way possible. There are tips on exercise and ways to cope with mobility problems, as well as sections on communication, diet and emotional challenges. Particularly useful is a list of drugs which may be used to treat the condition, along with their more common side effects.

Availability for loan:

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616.833 T12 Toronto Reference Library

Parkinson's Disease: 300 Tips for Making Life Easier, by Shelley Peterman Schwarz. New York: Demos, 2002

A very practical guide full of tips, techniques and shortcuts for living with Parkinson's. The book offers suggestions to Parkinson's patients on ways to adapt, modify, and simplify their lives and ultimately to support greater independence and enjoyment of life.

Availability for loan:

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