



Suggested Education Essentials for Newly Diagnosed Veterans with Parkinson's Disease

I. Overview of PD

- A. **Parkinson Disease Handbook** (APDA) *booklet*
www.apdaparkinson.org/userND/PublicationOrder.asp
- B. **What You and Your Family Should Know** *booklet* and **How to Live Well with Parkinson's Disease** *booklet* (NPF)
www2.parkinson.org/SSLPage.aspx?pid=748&nccsm=15&nccscid=5&nccsct=English+-Introductory+Materials
- C. **PDF Introductory Packet** (PDF) *booklet* <http://support.pdf.org/Page.aspx?pid=274>
- D. **Every Victory Counts** *manual/program* Essential Information and Inspiration for a Lifetime of Wellness with PD (Davis Phinney Foundation) www.everyvictorycounts.org
- E. **Parkinson's Disease** *fact sheet* (WeMove)
www.life-in-motion.org/downloads/factsheets/LIM_PD.pdf
- F. **Understanding Parkinson's Disease** *fact sheets* on various aspects of PD (Krames on Demand Internet) available on VAMC patient education webpage or on CPRS
www.kramesondemand.com

II. Exercise

- A. **Be Active: An Exercise Program for People with PD** (APDA) *booklet*
www.apdaparkinson.org/userND/PublicationOrder.asp
- B. **Fitness Counts** (NPF) *booklet*
www2.parkinson.org/SSLPage.aspx?pid=748&nccsm=21&nccscid=6&nccsct=English+-Specialized+Topics&nccspID=214
- C. **The Importance of Physical Therapy and Exercise for People with Parkinson's Disease** (PDF) *factsheet* www.pdf.org/pdf/fs_parkinson_exercise_physicaltherapy_08.pdf
- D. **Exercise and Physical Activity Your Everyday Guide** *booklet* (National Institute on Aging)
www.nia.nih.gov/HealthInformation/Publications/ExerciseGuide/ or call (800) 222-2225
- E. **Motivating Moves for People with PD** *DVD* by Janet Hamburg
www.motivatingmoves.com/janetmm.html or call (913) 341-8828
- F. **Parkinson's Disease and the Art of Moving** *DVD/book* and **Activities of Daily Living** *DVD* by John Argue www.parkinsonsexercise.com or call (510) 985-2645
- G. **Delay the Disease, Exercise and Parkinson's Disease** *DVD/book* by David Zid
www.delaythedisease.com
- H. **Yoga for Movement Disorders: Rebuilding Strength, Balance and Flexibility for Parkinson's Disease and Dystonia** *book* by Renee Le Verrier www.meritpublishing.com or www.amazon.com
- I. **LSVT BIG** *physical/occupational therapy* and **LSVT Loud** *speech therapy* – Lee Silverman Voice Treatment Rehabilitation Therapy for People with PD www.lsvtglobal.com

III. Medications

- A. **Medications** (NPF) *booklet*
www2.parkinson.org/SSLPage.aspx?pid=748&nccsm=21&nccscid=5&nccsct=English+-+Introductory+Materials&nccspID=208
- B. **Medications Approved for the Treatment of PD in the USA** *fact sheet* and **Medications to Avoid** *fact sheet* (APDA) www.apdaparkinson.org/userND/PublicationOrder.asp

IV. Nutrition

- A. **Nutrition and Parkinson's Disease: What Matters Most** (PDF) *factsheet*
www.pdf.org/pdf/FactSheet_Nutrition.pdf
- B. **Nutrition Matters** (NPF) *booklet*
www2.parkinson.org/SSLPage.aspx?pid=748&nccsm=21&nccscid=6&nccsct=English+-+Specialized+Topics&nccspID=212
- C. **Good Nutrition in Parkinson's Disease** (APDA) *booklet*
www.apdaparkinson.org/userND/PublicationOrder.asp
- D. **Cook Well, Stay Well with Parkinson's Disease** *book*, and **Eat Well, Stay Well with Parkinson's Disease** *book*, and **Parkinson's Disease and Constipation** *audio cassette or CD/guide* by Kathrynne Holden RD, MS www.nutritionucanlivewith.com

V. Organizations

- A. **American Parkinson Disease Association (APDA)**: www.apdaparkinson.org (800) 223-2732
- B. **National Parkinson Foundation (NPF)**: www.parkinson.org (800) 327-4545
- C. **Parkinson Disease Foundation (PDF)**: www.pdf.org (800) 457-6676
- D. **Davis Phinney Foundation**: www.davisphinneyfoundation.org (866) 358-0285
- E. **WeMove** (Worldwide Education and Awareness for Movement Disorders): www.wemove.org
- F. **Life in Motion**: www.life-in-motion.org