



Living Well with Dystonia: A Patient Guide

Daniel, MD Truong

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A patient-oriented guide to living life to your fullest with dystonia.

Dystonia doesn't have to rule your life. This empowering and encouraging resource, written for dystonia patients and their families and caregivers, provides an overview of a variety of dystonias including cervical dystonia, spasmodic dysphonia, blepharospasm, and writer's cramp, and the breadth of treatment options available. The authors also offer practical advice for improving quality of life and managing pain and other symptoms. This updated second edition includes expanded discussions of new medications, chemodenerivation with botulinum toxin, deep brain stimulation, genetic breakthroughs, and other areas.

Written by three acclaimed neurologists with perspectives from patients that illuminate and inform, *Living Well with Dystonia* will help you:

- Understand your specific dystonia and how it progresses
- Determine the best treatment approaches
- Alleviate symptoms with rehabilitation exercises
- Address the "hidden symptoms," such as social embarrassment

Blurbs

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"Living Well with Dystonia provides a balanced and easily understandable introduction to a chronic condition that is rarely discussed. Treatments and exercises are presented honestly - no miracle cures, but paths toward symptom relief. Simple diagrams of the nervous system and affected limbs or muscles are very helpful, and comments from actual patients personalize the discussions throughout. Well written. Recommended." - CAPHIS Consumer Connections

"This kind of comprehensive guide to dystonia has long been needed. It will be an invaluable resource to patients, their families and caregivers."-Bonnie Strauss, President and Founder, The Bachmann-Strauss Dystonia & Parkinson Foundation, Inc.

"Dr. Daniel Truong and co-authors have done a great service to patients with blepharospasm and other forms of dystonia by providing a clear and readable discussion of the disorders, their causes and therapeutic alternatives. Ignorance enhances fear and disability, whereas knowledge allows patients and their families to optimally adjust to chronic conditions, thereby improving their quality of life. This book should be read by all dystonia sufferers and their loved ones."-Mary Lou Koster Thompson, President, Benign Essential Blepharospasm Research Foundation

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From reader reviews:

Christopher Morton:

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William Troutt:

Playing with family in the park, coming to see the marine world or hanging out with close friends is thing that usually you will have done when you have spare time, in that case why you don't try point that really opposite from that. A single activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love Living Well with Dystonia: A Patient Guide, you may enjoy both. It is fine combination right, you still would like to miss it? What kind of hangout type is it? Oh seriously its mind hangout folks. What? Still don't buy it, oh come on its named reading friends.

Sheila Kilburn:

The book untitled Living Well with Dystonia: A Patient Guide contain a lot of information on this. The writer explains your ex idea with easy approach. The language is very clear and understandable all the people, so do certainly not worry, you can easy to read it. The book was authored by famous author. The author provides you in the new time of literary works. You can easily read this book because you can continue reading your smart phone, or device, so you can read the book with anywhere and anytime. If you want to buy the e-book, you can available their official web-site along with order it. Have a nice learn.

Mary Gilbert:

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