

Book Review

Parkinson's disease, 300 tips for making life easier

SHELLEY PETERMAN SCHWARZ. 124 pp. **Price:** US\$18.95. **Publisher:** Demos Medical Publishing **Date of Publication:** 2002. **Place of Publication:** USA. **ISBN:** 1-888799-65-X

Parkinson's disease is a progressive neuro degenerative disease. The symptoms and suffering of the patient can be ameliorated with modern medical and surgical management. The patient, in understanding the disease, can help himself to improve the quality of life he leads.

This book is directed at the patients suffering from Parkinson's disease and their families, health care providers, nurses, occupational and physical therapists.

The book has covered in a practical way, numerous necessary tips that help the patient in many aspects of his life. Tips on motor activity, activities of daily living, emotional, social, behavioral and medication has been presented in an easy to use and convincing manner. The author uses her experience with Multiple Sclerosis in addition to the experience of over 100 patients with Parkinson's disease and their health care providers and the result is a book that should be translated into many languages and which every patient, family and care provider should not be without.

This book is a good buy and is relatively inexpensive. I highly recommend it.

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Brain injury and gender role strain.
Rebuilding adult lifestyles after injury

SHARON A. GUTMAN. 155 pp. **Publisher:** The Haworth Press Inc. **Date of Publication:** 2000. **Place of Publication:** USA. **ISBN:** 0-7890-1187-5

This book describes the feeling reported by men, who have sustained traumatic brain injury (TBI), that they are unable to attain the lifestyle and rules of an adult male in their society. It describes the histories of 4 men with traumatic brain injury and discusses formal occupational therapy intervention, which they have received and the outcome of the treatment. It also shows the degree of satisfaction of the patients with the treatment. It emphasizes the importance of providing the ultimate assistance to patients who have sustained traumatic brain injury. It has covered the field of occupational therapy for TBI patients well and it is mainly written for occupational therapists. It is worth having the book in a library, where there is a team of professionals and rehabilitation patients with traumatic brain injury.

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