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**Disease-specific pathology for neurologists…**

**Clinical Neuropathology**

Text and Color Atlas

Catherine Haberland, MD, Clinical Professor of Neurology, Pathology, and Psychiatry, The Chicago Medical School at Rosalind Franklin University; and Section of Neurology and Neuropathology, Veterans Administration Medical Center, North Chicago, Illinois

In this new full-color text and atlas, Dr. Haberland provides a complete overview of the structural alterations of important nervous system diseases, along with their clinical manifestations. You will get a full understanding of the goals of the neuropathologic exam, the histologic reaction of neural tissue to diseases, and the pathologic conditions particular to the nervous system. All topics are highlighted by gross and histologic images of the brain and spinal cord, and all integrate the most recent scientific studies.

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- Full-color throughout—nearly 600 illustrations!
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- Dozens of case studies keyed to full-color pathologic images and neuroimaging studies
- A consistent clinical focus on every topic

**Clinical Neuropathology** is organized simply and logically with a core focus on major disease categories. The first of 14 chapters discusses the goals of the neuropathologic exam with representative pictures of the brain and spinal cord, and tables of histological methods. The second chapter presents characteristic histological reactions of neural tissue to diseases and pathologic conditions endemic to the nervous system. Additional chapters address major disease categories, with a systematic presentation that includes pathologic and clinical characteristics, gross and histologic features, pathogenetic mechanisms, and case studies.

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**Brain Injury Medicine**

Principles and Practice

Nathan D. Zasler, MD, Douglas I. Katz, MD, and Ross D. Zafonte, DO, Editors

Please see the rehabilitation section on page 5


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2nd Edition

Robert M. Herndon, MD, Editor

Praise for the 1st Edition…

“…helpful to anyone who is interested in learning about measures of disease severity and outcome…”

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“…an excellent review of rating scales across the spectrum of neurologic disease… an excellent reference for evaluating scales measuring various neurologic conditions.”—Journal of Neurologic Rehabilitation

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Hubert H. Fernandez, MD, Stephan Eischenschenk, MD, Anthony T. Yachnis, MD, and Michael S. Okun, MD

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Fundamentals of Neurologic Disease
Larry E. Davis, MD, with Molly K. King, MD, and Jessica L. Schultz, MD

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Complementary and Alternative Therapies for Epilepsy
Orrin Devinsky, MD, Steven Schachter, MD, and Steven Pacia, MD, Editors

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Neurologic Disease in Women
2nd Edition
Peter W. Kaplan, MB, FRCP, Editor

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2006, 496 pages, Hardcover, ISBN 13: 978-1-888799-85-9, $165.00; $99.00 Offer good while supplies last. Not to be combined with other special or discounts.

Imitators of Epilepsy
2nd Edition
Peter W. Kaplan, MB, FRCP, and Robert S. Fisher, MD, PhD, Editors

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Multiple Sclerosis
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A Health Professional’s Guide
Alan C. Bowling MD, PhD and Thomas M. Stewart, JD, PA-C, MS

With this helpful guide, health professionals can guide MS patients away from possibly harmful dietary therapies and toward low-risk, effective therapies. The supplements selected for inclusion are those with specific relevance to MS that are popular among the general population. The book also covers those known to have serious adverse side effects to those living with multiple sclerosis.

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This important book focuses throughout on symptom control and clinical management using innovative therapies. It is packed with useful tables, charts, diagrams, magnetic resonance images, illustrations, and algorithms that clarify and enhance the textual material.

Sections. History; Pathology and Pathophysiology; Risk Factors and Theories of Causation; Diagnosis, Signs and Symptoms, and Classification; Treatment; Symptom Management and Rehabilitation.


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Stanley van den Noort, MD and Nancy J. Holland, RN, EdD, Editors

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The newest book in the prestigious World Federation of Neurology series, Stroke provides a practical review of this common disabling medical condition. It emphasizes evaluation and treatment, and offers advice on how to apply cost-effective care in clinical practice. Topics covered include:

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• Recovery and rehabilitation


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<td>978-1932-6032-9</td>
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<td>Treischmann</td>
<td>Spinal Cord Injury: Psychological, Sociological &amp; Vocational Rehabilitation, 2nd Ed.</td>
<td>1988</td>
<td>978-0-939957-08-8</td>
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<td>Van Den Noort/Holland</td>
<td>Multiple Sclerosis in Clinical Practice</td>
<td>1999</td>
<td>978-1-888799-25-5</td>
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<td>Wainapel/Fast</td>
<td>Alternative Medicine and Rehabilitation</td>
<td>2003</td>
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<td>Whiteneck</td>
<td>Aging with Spinal Cord Injury</td>
<td>1993</td>
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<td>13</td>
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<td>Epilepsy: 199 Answers, 2nd Ed.</td>
<td>2003</td>
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<td>Wilt</td>
<td>Epilepsy in Clinical Practice: A Case Study Approach</td>
<td>2001</td>
<td>978-1-888799-34-7</td>
<td>$54.95</td>
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<td>Young/Silberstein</td>
<td>Migraine and Other Headaches</td>
<td>2004</td>
<td>978-1-932603-03-3</td>
<td>$19.95</td>
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<td>Zasler</td>
<td>Brain Injury Medicine: Principles and Practice</td>
<td>2006</td>
<td>978-1-888799-93-4</td>
<td>$199.00</td>
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Multiple Sclerosis
The History of a Disease
T. Jock Murray, MD

“Unlikely to be surpassed for some time, this engaging and scholarly book is a goldmine of previously inaccessible information.”
—Journal of the American Medical Association

“. . . a rich and detailed history of multiple sclerosis, replete with figures and wonderful quotations that form a tapestry of the events that have led to the current view that this condition is an autoimmune disease.”—New England Journal of Medicine

“A ‘must’ for any serious health collection.”—The Bookwatch

“. . . A fascinating and monumental work, a pleasure to read.”—Journal of the Royal Society of Medicine

Contents: Terminology and Disease Description; The Framing of Multiple Sclerosis; The Palsy Without a Name: Suffering with Paraplegia 1395-1868; The Steps Toward a Recovery: The Early Medical Reports; The Building Blocks of a Discovery; The Contribution of J.M. Charcot, 1868; The Medical Reports After Charcot; Clarifying the Pathology: James Dawson; The Journal of a Disappointed Man: Experimentation, Meetings, Reviews and Symposia, 1920-1960; Searching for a Cause of MS; Classifying and Measuring MS; The Nature of the MS Plaque; Investigations; Searching for Therapy; MS and the Public: Societies; Narratives and the Media; A Chronology of Events in the History of MS.


Plagues & Poxes
The Impact of Human History on Epidemic Disease
Alfred Jay Bollet, MD

“Do not start this book at night unless you suffer from insomnia; the stories are spellbinding to anyone who loves history.”—Doody’s Reviews

“Dr. Bollet’s collection of essays…deals elegantly and excitingly with a wide range of topics…excellent accounts of the illnesses of the various presidents of the U.S.”—Medical History

“. . . Serve up a rich feast of disease, danger, and death…What sets this book apart is breadth well to concision.”—ForeWord Magazine

Partial Contents: The Impact of Human History of Epidemic Disease; Infectious Diseases; Bubonic Plague: The Prototype of Pandemic Disasters; The “Little Flies” that Brought Death, Part 1: Malaria or the Burning Ague; The “Little Flies” that Brought Death, Part 2: Yellow Fever; Syphilis: The Great Pox; The Small Pox; The “Little Flies” that Brought Death, Part 1: Malaria or the Burning Ague; The “Little Flies” that Brought Death, Part 2: Yellow Fever; Syphilis: The Great Pox; The Small Pox


Inns and B&Bs for Wheelers and Slow Walkers
Candy Harrington

“Barrier-Free Travel continues to be the definitive guide to accessible travel for those who use a wheelchair, walker, or cane, or have any physical ailment that may slow their gait. Take advantage of expert resources and travel tips on: How to find and book an accessible room; Cruises and airline travel; Overseas travel; Disability laws and rights; Protecting your wheelchair when you travel

Barrier-Free Travel gives readers the information they need to prepare for their journeys and is essential reading for every traveler with mobility limitations.

Partial Contents: Air Travel; On a Wing and a Prayer: Protecting Your Equipment; Getting Around on the Ground: We Will Ride: Bus Travel; All Aboard: Train Travel; Finding the Right Room; Taking the Kids; Cruise Travel; When Things Go Wrong; Beyond the USA; The Travel Agent: Friend or Foe?


There is Room at the Inn
Inns and B&Bs for Wheelers and Slow Walkers
Candy Harrington

“There is Room at the Inn, the newest book from accessible-travel expert Candy Harrington, debunks the myth that inns and bed & breakfasts are inconvenient, inaccessible, or unaccommodating.

Through a combination of personal experience, on-site visits, and interviews with innkeepers and other travelers, Candy Harrington has discovered the most friendly and accessible properties in the US! This list includes not just the most accessible inns, but those in which the staff and management are the most wheelchair-positive.

With a little advice and planning, travel can be fulfilling and rewarding for everyone.


Faces of Osteoporosis
Amelia Davis

“This important book documents the stories of people who are living with osteoporosis. The book will help you understand the silent and devastating impact of the disease. I hope that you will learn from these brave individuals who share their stories with you.”—From the Foreword by Dianne Feinstein, United States Senator

Renowned photographer Amelia Davis turns her lens on those living with osteoporotic disease in her fascinating new book, Faces of Osteoporosis.

The book smashes the stereotype of osteoporosis as a disease of older women, showing that the disease has myriad faces, not just one.


NINDS at 50
Celebrating 50 Years of Brain Research
Lewis P. Rowland, MD

“The story of how neurology has been transformed into one of the most rapidly expanding and exciting areas of current medical advance is intimately bound up with the story of the National Institute for Neurological Disease and Stroke (NINDS), which is engagingly told by Lewis P. Rowland in NINDS at 50.”—The Lancet Neurology

Celiac Disease/General Disability

Celiac Disease
A Guide to Living with Gluten Intolerance
Sylvia Llewelyn Bower RN, Mary Kay Sharrett MS RD LD CNSD, and Steve Plogsted Pharm D, BCNSP

Celiac Disease: A Guide to Living with Gluten Intolerance is the first book on this important topic co-written by a nurse, dietitian, and clinical pharmacist. The authors' diverse backgrounds ensure complete and clear information on all aspects of this disease, including symptoms, diagnosis, management, diets, raising a celiac child, medication, resources, and more!

Contents: Preface; What Is Celiac Disease?; Diagnosis; A Healthy Gluten-Free Diet; Complications; Tackling the Emotional Side; Raising a Celiac Child; The Gluten-Free Kitchen; Eating and Baking Gluten-Free; Eating Out; Managing Celiac Disease; Gluten in Medications; Resources; Index


Coming Soon!

The Personal Care Attendant Guide
The Art of Finding, Keeping, or Being One
Katie Rodriguez Banister

Written by an inspiring speaker, writer and advocate who is herself disabled, The Personal Care Attendant Guide teaches readers how to find and keep a competent caregiver. It also gives current and prospective attendants vital information to help them succeed in this demanding work environment.

Special features include:
• Easy-to-use forms and worksheets to make the search easier and more organized
• Personal stories from people with disabilities who use attendants to maintain their independence
• Advice from experienced caregivers
• Resources listed alphabetically by disability

The relationship between those who need help and those who provide it can be difficult to balance, but it can be maintained and even fun at times.


Celiac Disease/General Disability

Health Insurance/Sleep Apnea

Health Insurance Resources
A Guide for People with Chronic Disease and Disability, 2nd Edition
Dorothy E. Northrop, MSW, ACSW, Stephen Cooper, and Kimberly Calder MPS

From reviews of the first edition...
"A welcome resource... valuable for the individuals and families with disabilities and professionals who care for them...pertinent and practical." —Doody’s Reviews

This thoroughly updated second edition of Health Insurance Resources contains information for individuals with a chronic disease or disability, who are uninsured, underinsured, or who have questions about insurance.

It also reflects the changes in the system since the first edition’s publication in 2003. Crucially, the book includes new information on the new Medicare Prescription Drug Coverage plan, which took effect in January 2006. It also reflects final regulations regarding the federal laws, COBRA and HIPAA, which are of particular importance to people with pre-existing and chronic conditions.

Partial Contents: Preface; Health Insurance Managed Care and Indemnity Plans; Medicare; Medicaid; Social Security Disability Insurance; Supplemental Security Income; Employee Retirement Income Security Act; Health Insurance Portability and Accountability Act; Consolidated Omnibus Budget; State “Mini-COBRA” Laws.


Insurance Solutions
Plan Well, Live Better
A Workbook for People with a Chronic Disease or Disability
Laura D. Cooper, Esq.

"An invaluable workbook for people with chronic conditions or disability...Strongly recommended." —The Midwest Book Review

Contents: What the Financial Planners Didn’t Tell You; Key Concepts; Catalog Your Present Insurance Coverage; Creating the Spreadsheets; Evaluate and Analyze Your Insurance Needs; Action Plan; Disability Insurance; Life Insurance; Convert Existing Policies; Health Insurance; Catastrophic or “Excess” Major Medical Plans; Hospital Indemnity Insurance; Long Term Care Insurance; Reverse Mortgage; Additional Considerations; Insurance Rating Agencies; Organizations; Magazines; Books; Websites.


Snoring/Sleep Apnea

Snoring and Sleep Apnea
Sleep Well, Feel Better, 3rd Edition
Ralph A. Pascualy, MD, and Sally Warren Soest, MS

"…If you only buy one book on sleep apnea, this is the one!" —Library Journal

"The reader is provided with state-of-the-art information in the field of sleep apnea in a more palatable form." —Doody’s Reviews

"A must have for anyone who suffers from sleep apnea, and their friends and family who want to help them cope with and overcome this health-hazardous condition." —The Bookwatch

Partial Contents: Do You Have Sleep Apnea?; Sleep Apnea Harms Health and Home Life; Normal Sleep, Snoring, and the Development of Sleep Apnea; What Causes Sleep Apnea; Problems and Pitfalls of Identifying Sleep Apnea; The Sleep Center: Testing for Sleep Apnea; Treating Sleep Apnea; Obesity and Sleep Apnea.


Patient Education
**Patient Education**

**American Academy of Neurology Press Quality of Life Guides**

These books were developed to help caregivers, patients, and families understand common neurological diseases. Readers will find them particularly useful as they not only describe each disease, but also provide guidelines for successfully managing the life changes associated with each disorder.

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**Epilepsy**  
A Guide for Patients and Families  
Ilo E. Leppik, MD  
Filled with helpful tables and illustrations, this guide will answer commonly asked questions about epilepsy. It explains how it is diagnosed and treated both with medications, surgery, and other treatment options.

**Contents**: What is epilepsy?; Diagnosing Epilepsy; Types of Seizures, Epilepsy and Epileptic Syndromes; Drugs and Epilepsy; Epilepsy and Pregnancy; Epilepsy in the Elderly; Sports and Epilepsy; First Aid for Epilepsy; Diet and Driving; Surgical Treatment for Epilepsy.

2006, approx. 156 pages,  
ISBN 13: 978-1-932603-20-0, $19.95

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**Guillain-Barre Syndrome**  
From Diagnosis to Recovery  
Gareth John Parry, MB, MRCP, and Joel S. Steinberg, MD, PhD  
Guillain-Barre Syndrome (GBS) is a disorder in which the body’s immune system attacks part of the peripheral nervous system. **Guillain-Barre Syndrome**.

Co-authored by a survivor of this illness, this book addresses all aspects of the condition, including initial symptoms, diagnostic evaluation and criteria, specific treatments and typical outcomes.

**Contents**: What is Guillain-Barre Syndrome?; How does GBS affect you?; How is GBS diagnosed; What causes GBS?; How is GBS treated?; Supportive Treatments in the Acute Care Hospital; How is GBS treated?; Supportive Care: Rehabilitation and coming home; How is GBS treated?; Long-term rehabilitation and coming home; How is GBS treated? Immunotherapy.; Life after GBS; Chronic immune-mediated neuropathies.

Due October 2006, approx. 192 pages,  

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**Alzheimer’s Disease**  
Paul Dash, MD and Nicole Villemarette-Pittman, PhD  
“...well written, informative and accessible...makes even the most complicated information understandable and interesting.” —About.com

**Contents**: Introduction to Dementia and Alzheimer’s Disease; Aging vs. Alzheimer’s; Memory Under the Microscope; Alzheimer’s, Depression and Other Neuropsychiatric Symptoms; Dementia Diagnosis; Alzheimer’s vs. Other causes of Dementia; Medications for Alzheimer’s Disease; Treatments for Behavioral Symptoms and Other Complications of Alzheimer’s; Alternative Treatments for Alzheimer’s; Practical Issues for the Patient and Family; Preventing Alzheimer’s Disease; Care for the Caregiver; Stages and Prognosis in Alzheimer’s; Transition of Care; The Future for Alzheimer’s Disease.


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**Migraine and Other Headaches**  
William B. Young, MD and Stephen D. Silberstein, MD  
“...from two great minds comes this equally great book... Kudos to the AAN for launching this series, and my highest compliments to Dr. Young and Dr. Silberstein for a job so very well done. Thank you.” —About.com

“Patients will find this practical, comprehensive, and informative and it will allow them to speak with their doctors more intelligently.” —Doody’s Reviews

**Contents**: History, Philosophy, and General Concepts; Just A Headache; History of Headache; Causes of Headache; Serious Headaches Requiring Medical Attention; Managing Migraine: An Overview; Primary Headache; Migraine: The Big One; Treating Migraine with Medication; Alternative Therapies for Migraine; Other Primary Headaches and Associated Illness. Tension-Type Headache; Cluster Headache; Unusual Headaches; Non-headache Illnesses that Frequently Accompany Headache. Secondary Headache; Sinus Headache and Nasal Disease; Disorders of the Neck; Post-Traumatic Headache; Atypical Facial Pain and Trigeminal Neuropathies.


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**Amyotrophic Lateral Sclerosis**  
Robert G. Miller, MD, Deborah Gelinas, MD, and Patricia O’Connor, RN  
“Need to know the anatomy and physiology underlying ALS? How the disease is diagnosed? What tests need to be done and what they mean? How to treat symptoms and live better? How to negotiate the insurance maze? You’ll find answers to all these questions and more in this highly readable book.” —MDA/ALS Newsletter

**Contents**: What is Amyotrophic Lateral Sclerosis?; The Diagnosis of ALS; Clinical Trials and Finding New Drugs for ALS; Managing the Symptoms of ALS: A Multidisciplinary Approach to Care; Quality of Life and Psychosocial Issues; Treating the Symptoms of ALS; Nutrition and Swallowing; Speech, Communication, and Computer Access; Staying Mobile; Breathing and Sleeping; Thinking and Behavioral Challenges; Palliative Care; Resources, Appendices.


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**Stroke**  
Louis R. Caplan, MD  
“Highly recommended for those who have recently had someone in their family experience a stroke... also recommended for health professionals.” —The Stroke Network

**Stroke** was written for stroke survivors and individuals wishing to learn about the condition and how to prevent it. Patients will benefit from coverage of:

- Risk factors
- Effective early treatment of symptoms
- Improving function through rehabilitation

**Contents**: What is a Stroke?; What are the Symptoms; Diagnosis and Evaluation; Risk Factors; National Institute of Neurological Disorders and Stroke (NINDS) Tissue Plasminogen Activator (tPA) Stroke Treatment; How the disease is diagnosed?; Life after Stroke?; Tests Are Used to Evaluate Individuals Who May Have Had a Stroke?; What Treatments are Available?; Improving Recovery; Rehabilitation; Glossary; References; Resources.


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**Restless Legs Syndrome**  
Mark J. Buchfuhrer, MD, Wayne A. Hening, MD, PhD, and Clete A. Kushida, MD, PhD  
It’s Managed Happens, and How It’s Managed

**Contents**: What is Restless Legs Syndrome?; What are the Causes?; The Different Kinds of Strokes; The Medical Conditions that Cause the Blood Vessel and Heart Damage that Lead to Stroke; How Can Strokes Be Prevented?; How Can Doctors Tell What Caused a Stroke?; Tests Are Used to Evaluate Individuals Who May Have Had a Stroke?; What Treatments are Available?; Improving Recovery; Rehabilitation; Glossary; References; Resources.


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**Peripheral Neuropathy**  
When the Numbness, Weakness, and Pain Won’t Stop  
Norman Latov, MD


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This page is a part of the American Academy of Neurology Press’s series on neurological diseases. The series aims to provide understandable and informative guides for caregivers, patients, and families, helping them to manage the life changes associated with each disorder effectively.
**Alzheimer’s Disease**

*Alzheimer’s Disease*  
A Handbook for Caregivers, Family, and Friends  
Patricia Callone MA, Barbara Vasiloff MA, Roger Brumback MD, Janaan Manternach, and Connie Kudlacek

This book was written in a workbook-type format aimed at increasing the caregiver’s knowledge of the disease. Whether family members, friends or health professionals, all will be better equipped to nurture the dignity within people living with Alzheimer’s and feel more confident doing so.


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**Amyotrophic Lateral Sclerosis**

*Amyotrophic Lateral Sclerosis*  
AAN Press Quality of Life Guide  
Robert G. Miller, MD, Deborah Gelinas, MD, Hiroshi Mitsumoto, MD, and Theodore L. Munsat, MD

Since publication of the first edition, the understanding and treatment of ALS has changed dramatically and many puzzles of this disease are being steadily solved. This comprehensive guide covers every aspect of the management of ALS from clinical features of the disease to living with ALS to end-of-life issues.


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**Epilepsy**

*The Ketogenic Diet*  
A Treatment for Children and Others with Epilepsy, 4th Edition  
John M. Freeman, MD, Eric H. Kossoff, MD, Jennifer B. Freeman, and Millicent T. Kelly, RD

“The Ketogenic Diet is the only book devoted exclusively to this treatment, proven to improve seizure control in nearly three-quarters of the children who try it. (The book) includes all the facts about the ketogenic diet, numerous quotes from parents showing what the experience is really like, and dozens of clear, tested sample recipes.”—The Charlie Foundation to Help Cure Pediatric Epilepsy (From review of previous edition)

The ketogenic diet is a rigid, mathematically calculated, doctor-supervised diet, high in fat and low in carbohydrate and protein, and strictly limits both calories and liquid intake. The diet helps to control seizures and allows many children to become both seizure-free and drug-free.

This extensively updated new edition of the bestselling *Ketogenic Diet* covers the many advances that have been made in understanding how the diet works, how it should be used, and the future role of the diet as a treatment, and includes new sections on how the Atkins diet and modified ketogenic diet can be used as alternative methods to control epilepsy.

**Contents:**  
Overview of the Ketogenic Diet: Epilepsy today and the place of the ketogenic diet; What is the Ketogenic diet?; History of the Ketogenic diet; How does the Ketogenic diet work?; Is my child a candidate for the Ketogenic diet?; Top twenty questions about the Ketogenic diet. The ABC’s of the Ketogenic Diet: Initiating the Ketogenic diet: a process; Fine-tuning the diet: the key to success; Side effects of the Ketogenic diet; Making it work at home and on the road; Going off the diet. Calculations: Calculating the Ketogenic diet; Liquid formulas and tube feedings; Modified Ketogenic Diets: The MCT diet; Using the Atkins diet for epilepsy. Ketogenic Cooking; Sample meal plans for the Ketogenic diet; Atkins diet recipes. Speculation: Thoughts and speculation about the future role of the Ketogenic diet.


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**Amyotrophic Lateral Sclerosis**

*Amyotrophic Lateral Sclerosis*  
A Guide For Patients and Families, 2nd Edition  
Hiroshi Misumoto, MD and Theodore L. Munsat, MD

“... a somewhat clinical, but very comprehensive guide to medical treatment, rehabilitation, day-to-day living, end-of-life issues, and supportive resources.”—Physical Therapy

Since publication of the first edition, the understanding and treatment of ALS has changed dramatically and many puzzles of this disease are being steadily solved. This comprehensive guide covers every aspect of the management of ALS from clinical features of the disease to living with ALS to end-of-life issues.


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**KetoKid**  
Helping Your Child Succeed on the Ketogenic Diet  
Deborah Snyder, DO

This unique book gives readers all the facts about the day-to-day management of the ketogenic diet, while communicating the emotional struggle encountered by children on the regimen. Topics covered include:

- Recipes for keto-friendly meals, and tips for making this limited diet more interesting
- Managing deeply food-oriented occasions like holidays and parties
- Time-saving strategies, such as pre-weighing and freezing meals
- Dealing with the emotional loss of a child’s favorite foods
- A day-by-day account of life on the ketogenic diet, in diary form
- And much more!

**Contents:**  
Foreword; Weathering the Holidays; Coping with the Ketogenic Diet; Helping Your Child Succeed on the Ketogenic Diet…


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www.demosmedpub.com
**Epilepsy**

A Guide for Patients and Families

Ilo E. Leppik, MD

For full description, see page 11.


**Epilepsy and Pregnancy**

Stacey Chillemi and Blanca Vazquez, MD

“Expertly co-authored by Stacey Chillemi and Blanca Vazquez... Epilepsy and Pregnancy provides a superb presentation for everyw ______

Everything Epileptic Women Must Know about Having Children...truly, an invaluable reference for all women wishing for more information on the risks of childbirth and care with epilepsy.”—Midwest Book Review

Contents: My Story; Preconception; Fertility; Risks of Pregnancy; Risks to the Baby; Pregnancy; What to Do to Protect Yourself and Your Baby; Nutrition; Keeping Fit during Pregnancy; What to Expect When You’re Pregnant; Fetal Development; Labor and Delivery; Taking Care of Yourself after Childbirth; Breastfeeding; Childcare; A Few Words from the Author; Organizations to Contact for Help; Glossary; The AED Pregnancy Registry; Questions and Answers; References.


**Growing up with Epilepsy**

A Practical Guide for Parents

Lynn Bennett Blackburn, PhD

“Will appeal to busy parents who want a quick reference guide...An important tool for everyday living.”—The Midwest Book Review

“An excellent addition to the literature on special parenting needs.”—Doody’s Reviews

“This book is an excellent reference to recommend to parents of children with epilepsy.”—Child Neurology

Sections: The Basic Tools; Effects of Focal Epilepsy; A Guide to Brain Organization; Changing Challenges; Changing Age; Appendices.


**Epilepsy: 199 Answers**

A Doctor Responds to His Patients’ Questions, 2nd Edition

Andrew N. Wilner, MD, FACP

“...a helpful guide to the most common questions asked by patients with epilepsy. It will definitely help patients better understand the nature of their disease...”

—Doody’s Reviews

Partial Contents: What is Epilepsy?; Medications; Brain Surgery; Seizures and Work; Women and Epilepsy; My Child with Epilepsy; Epilepsy and the Elderly.


**Your Child and Epilepsy**

Robert J. Gummit, MD

“...consolidates into a single text the resources available for a child with epilepsy”—Disability Studies Quarterly

Partial Contents: Your Child and Epilepsy; Understanding Epilepsy; The Causes and Diagnosis of Epilepsy; The Holistic Approach to Epilepsy Treatment; Finding Your Way to High Quality Care; Being an Effective Member of Your Child’s Health Care Team.


**Living Well with Epilepsy**

2nd Edition

Robert J. Gummit, MD

In clear, understandable language, Living Well with Epilepsy covers all aspects of diagnosis and management, with an emphasis on active participation in this process.

Partial Contents: Living Successfully with Epilepsy; Understanding Epilepsy; Myths About Epilepsy; The Holistic Approach to Epilepsy Treatment; Finding Your Way to High Quality Care; How to Be an Effective Member of Your Health Care Team.


**Multiple Sclerosis**

Yoga and Multiple Sclerosis

A Journey to Health and Healing

Loren Martin Fishman, MD, and Eric Small

This user-friendly guide:

• Describes how yoga works
• Includes photographs and descriptions of each pose
• Explains effects, advantages, and contraindications
• Contains “starter poses” that will help the uninitiated or physically challenged to gently achieve a posture

Contents: Part I: Restorative Sequence; Energy Sequence; Movement Sequence Ambulatory Supportive; Relaxation Sequence. Part II: Yoga for Functional Improvement; Introduction: Specifically Directed Poses; Fatigue; Range of Motion; Spasticity; Strength; Coordination, Calm, and Balance Breathing.


**Multiple Sclerosis**

300 Tips for Making Life Easier

2nd Edition

Shelley Peterman Schwarz

See page 17 for details.


**Meeting the Challenge of Progressive Multiple Sclerosis**

Patricia K. Coyle, MD and June Halper, MSN, ANP, FAAN

“...Understandable, intelligent, friendly, enlightened, and enlightening. All aspects of health issues are addressed: mental, physical, emotional, and social... A ‘must have’ for every person with primary and secondary-progressive MS.”—Inside MS


**Employment Issues and Multiple Sclerosis**

Phillip D. Rumrill Jr., PhD

“This book [is] the equivalent of a ‘consumer’s guide’ to assessing vocational goals, plans, and services as they relate to multiple sclerosis.”—Inside MS

Multiple Sclerosis
Understanding the Cognitive Challenges

Nicholas LaRocca, PhD
and Rosalind C. Kalb, PhD

This book includes the first comprehensive discussion of MS-related cognitive dysfunction, including the changes that can occur, their assessment and treatment, and strategies for dealing with their impact in daily life. It includes:

• A definition of cognition and discussion of the processes that underlie human thought
• The emotional and social impact of cognitive changes
• The neuropsychological evaluation of cognitive symptoms
• A detailed overview of treatment options
• Vignettes describing the real-life experiences of a person with cognitive dysfunction

Contents: A Personal Note to the Reader; Foreword; What is Cognition?; The Emotional and Social Impact of Cognitive Changes; What We Know About Cognitive Changes in Multiple Sclerosis; Assessment of Cognitive Changes; Treatment of Cognitive Changes; Strategies for Managing Cognitive Changes; Cognitive Vignettes; Appendix; Glossary.


Facing the Cognitive Challenges of Multiple Sclerosis

Jeffrey N. Gingold

"...poignant...laced with ironic humor and crisp images."—Consortium of Multiple Sclerosis Centers

"...anticipates and answers tough questions with candor, sympathy and a surprising amount of humor, expertly debunking the shame and frustration commonly associated with the mental ramifications of a terrifying disease...Insightful and informative, Gingold’s guide is a much needed resource for the often invisible side of MS."—Kirkus Reports

“One of the best books [written on the subject] in some time...It will help anyone with MS, their spouses, friends and physicians.”—MS World

Facing the Cognitive Challenges of Multiple Sclerosis is a courageous and compelling personal account of one man’s anguishing struggle with this aspect of the disease.

Contents: Preface; Acknowledgments; Introduction; “Hollar” If You Need Me; The Knock at the Door; Music and Mirrors; Unanswered Questions; It’s In the House; The Family Mask; Don’t Just Stand There; Taking the Middle Fork; Drifting and Dragging in a Mental Wheelchair; Come Out, Come Out, Wherever You Are; In Summation; Resources.


Multiple Sclerosis
Your Legal Rights, 2nd Edition

Lanny Perkins and Sara Perkins

This extensively revised edition provides a source of basic information about the legal problems that often affect people with MS and their possible solutions. The book will also be helpful to people in supporting fields such as social work, health care, and law.


Complementary and Alternative Medicine and Multiple Sclerosis, 2nd Edition

Allen C. Bowling, MD, PhD

“Enables the reader to find unconventional options that may provide symptomatic relief when conventional therapies for multiple sclerosis are limited or otherwise unsatisfactory...very highly recommended and informative addition to any personal or professional multiple sclerosis reading list.”

—The Bookwatch (From review of the previous edition)

Readers will find updated coverage of:

• Acupuncture
• Yoga
• Biofeedback
• The use of herbs, vitamins, and minerals
• Cooling therapy
• And much, much more!

Contents: Introduction; Placebos and Psychoneuroimmunology; Eight Important Precautions About CAM and MS; Acupuncture and Traditional Chinese Medicine; Allergies; Aromatherapy; Aspartame; Ayurveda; Bee Venom Therapy and Other Forms of Apitherapy; Biofeedback; Candida Treatment; Chelation Therapy; Chiropractic Medicine; Colon Therapy; Detoxification, and Enemas; Cooling Therapy; Craniosacral Therapy; Dental Amalgam Removal; Diets and Fatty Acid Supplements; Enzyme Therapy; Exercise; Feldenkrais; Herbs; Hippotherapy and Therapeutic Horseback Riding; Homeopathy; Hyperbaric Oxygen; Hypnosis and Guided Imagery; Magnets and Electromagnetic Therapy; Marijuana; Massage; Meditation; Music Therapy; Nutraceuticals and Physical Mind Method; Prayer and Spirituality; Procarin; Reflexology; Ta’i Chi; Therapeutic Touch; Toxins; Traeger-works; Vitamins, Minerals, and Other Non-Herbal Supplements; Yoga; Integrating Conventional and Unconventional Medicine; Conclusion; Summary of Popular Supplements.


Multiple Sclerosis

Nancy J. Holland, RN, EdD, T. Jock Murray, MD, and Stephen C. Reingold, PhD

From reviews of 2nd Edition...

'A must-have' title for anyone who has recently been diagnosed with MS—and a good idea for family members and friends.”—InsideMS

"...thoughtfully presented, usefuly formatted, and informatively recommended guide for the non-specialist general reader.”—The Bookwatch

Contents: What Is Multiple Sclerosis and How Is It Diagnosed? What Is the Cause of Multiple Sclerosis? What Treatment Is Available? Practical Guidelines; Coping with Multiple Sclerosis; Employment Issues and Multiple Sclerosis; Research in MS: The Search for Answers; Searching for Treatments: The ‘Ins’ and ‘Outs’ of Clinical Trials; How the National Multiple Sclerosis Society Can Help; Glossary; Resources; Additional Reading.


Also in Spanish...

Esclerosis Multiple
Guia Practica para el Recien Diagnosticado

Nancy J. Holland, RN, EdD, T. Jock Murray, MD, and Stephen C. Reingold, PhD


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The sixth edition of *Multiple Sclerosis: The Guide to Treatment and Management* is extensively revised in both content and format. This unique compendium of the most frequently used treatments for multiple sclerosis is a 'must have' resource for patients who need information about therapies. The *Guide* reviews the management of acute exacerbations, disease-modifying therapies, symptom management, and alternative therapies. **Sections:** The Changing Understanding of MS; Treatments That Affect the Long-term Course of the Disease (“Disease-Modifying Therapy”); Symptomatic Treatment, Neurorehabilitation and Service Delivery; Unconventional Therapies and MS; Index. **Contents:** A Self-Care Guide to Wellness, 2nd Edition Nancy J. Holland, MSCN, EdD and June Halper, MSCN, RN, ANP, FAAN “In keeping with the ‘knowledge is power’ philosophy of the National MS Society… [Holland and Halper] present information to help patients cope with the physical, cognitive, emotional, and independent living challenges of this central nervous system disorder.” — Book News The second edition of *Multiple Sclerosis: A Self-Care Guide to Wellness* continues to focus on staying well in the presence of MS, focusing especially on the needs of those who have been living with the disease for some time. **Sections:** Managing the Disease Process and its Symptoms; Health, Lifestyle, and Emotional Issues; In the Community; Life Planning; Appendices. **Contents:** A Self-Care Guide to Wellness, Third Edition Randall T. Schapiro, MD “Practical, informative, and medically sound instructional guide to dealing with the day-to-day difficulties induced by MS. [It] is especially commended as being a ‘reader accessible’ resource written especially for those with MS and their medical/familial caretakers.” — The Bookwatch The reader will learn personal management strategies to: • Deal with speech and swallowing difficulties • Combat dizziness and vertigo • Increase understanding of the role diet, nutrition and exercise plays in MS • Improve memory **Contents:** The Disease and Its Management; Managing MS Symptoms; Movement and Walking; Bladder and Bowel; Speech and Swallowing; Sensory Disturbances; Cognition and Memory; Your Total Health; Appendices. **Multiple Sclerosis** The Questions You Have, The Answers You Need, 3rd Edition Rosalind C. Kalb, PhD “…inclusive and comprehensive…” — Library Journal “…highly recommended for MS patients, bookstores, and libraries.” — Doody’s Reviews “…clear and informative…Physical therapists, students, physicians, and people with MS will find it a useful addition to their library” — Physical Therapy “Enhanced with a comprehensive list of readings and resources, this is the primary resource most especially recommended for non-specialist general readers having to deal with MS issues.” — The Bookwatch Here is the definitive guide for anyone affected by multiple sclerosis—those who have the disease, those who share their lives with someone who has it, and health care professionals involved in its management. **Contents:** What Should I Know About this Book?; Neurology; Treatment Issues; Nursing Care to Enhance Wellness; Physical Therapy; Occupational Therapy; Speech and Voice Disorders; Swallowing; Cognition; Psychosocial Issues; Stress and Emotional Issues; Sexuality; Fertility, Pregnancy, Childbirth; Employment; Insurance Issues; Long-Term Care; Life Planning; Appendices; Additional Readings; Resources. **Multiple Sclerosis** A Guide for Families, 3rd Edition Rosalind C. Kalb, PhD “…a complete, highly readable guide that addresses all of the issues multiple sclerosis brings to the family… essential, critical important readings for anyone with MS, their families, and friends.” — The Midwest Book Review “…exceptionally reader-friendly and a good resource for professionals as well as lay readers…Each chapter provides excellent additional readings, and there is an appendix of recommended resources. I highly recommend this invaluable guide.” — InsideMS **Contents:** When MS Joins the Family; Emotional and Cognitive Issues; The Family’s Relationship with the Physician and Healthcare Team; Sexuality and Intimacy; Fertility, Pregnancy, and Childbirth; Parenting with MS; Parenting a Child or Teenager with MS; Adults with MS and Their Parents; The Caregiving Relationship; Planning Wisely for Possible Care Needs; General Health and Well-Being; Life Planning; Financial and Legal Considerations; Supportive Educational Resources for the Family; Appendices. **Multiple Sclerosis** A Guide for Families, 3rd Edition Rosalind C. 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**Patient Education**

**A Day in the Life**

**Life on Cripple Creek**

*Essays on Living with Multiple Sclerosis*
Dean Kramer

“Profound, heartfelt, touching…”  
—Midwest Book Review

“Always enlightening, insightful, and often humorous… Kramer’s ability to present her reality, unvarnished, makes it a book you can’t put down.”  
—About.com


**My Story**

*A Photographic Essay on Life with Multiple Sclerosis*
Amelia Davis

“This positive and inspiring portrait will be welcomed by anyone who lives with MS or shares the life of someone with MS.”  
—Library Journal

“Amelia Davis was diagnosed with multiple sclerosis five years ago… After that, she learned she could live a full life with the disease, and to share that fact with others she undertook a personal project to photograph people living with MS, including public figures such as NASCAR driver Liane Mark, actor David Lander, and comedian Richard Pryor.”  
—American Photo

“In creating her new book… Davis learned a lot more about MS and the people who have it. Thirty-one of them—and many of their caregivers—join her to trash stereotypes, confront fear, offer hope, tell the truth, and put 32 faces on a mysterious illness that is often misunderstood.”  
—San Francisco Chronicle


**Spinal Cord Injury/Amputation**

**Living with Spinal Cord Injury**

*A Wellness Approach*
Adrian Cristian, MD

“Clear, concise and readable…”  
—National Spinal Cord Injury Association

This is the definitive guide to dealing with the major challenges faced by those with spinal cord injuries, as related to health, finances, and their social support system.

Partial Contents: General Health Issues; The Cardiovascular System; The Respiratory System; The Gastrointestinal System; The Genitourinary System; The Musculoskeletal System; Skin Care; Your Emotional Well Being. Mobility Issues.


**Spinal Cord Injury: A Guide to Living a Quality Life**

Adrian Cristian, MD

“A unique book addressing a topic seldom handled in-depth for lay readers.”  
—The Midwest Book Review

“…easy to read and well illustrated, useful to both patients and their families… emphasis on working with the rehab team, building strength, and returning to daily activities…”  
—CAPHIS Consumer Health Connections

Partial Contents: The Causes of Lower Limb Amputation; Prevention of Additional Amputations; Amputation Surgery; The Early Post-Surgical Period of Recovery; The Rehabilitation Unit and The Rehab Team; The Prosthesis; Walking with a Prosthesis; Returning Home with a Prosthesis; Problems Commonly Encountered by Lower Limb Amputees.


**Spinal Cord Injury/Amputation**

**The Spasmodic Torticollis Handbook**

*A Guide to Treatment and Rehabilitation*
Mayank Pathak, MD, Karen Frei, MD, and Daniel Truong, MD

Spasmodic torticollis, also known as cervical dystonia, affects about three people in 10,000, or an estimated 85,000 individuals in the United States alone. Despite this, there has been a lack of information outside of the professional medical literature for individuals with this disorder and their families. This book provides a comprehensive introduction for all those living with this condition and those close to them.


**Parkinson’s Disease/Movement Disorders**

**Parkinson’s Disease**

*300 Tips for Making Life Easier, 2nd Edition*
Shelley Peterman Schwarz

Please see page 17 for details.


**Parkinson’s Disease**

*A Self-Help Guide*
Marjan Jahanshahi, MD and C. David Marsden, MD

“A comprehensive guide for people with Parkinson’s disease and their caregivers… It is one of the few books that also includes a chapter on Parkinson’s and dementia. Personal stories are interjected throughout, making the book more real and less clinical.”  
—Family Caregiver Alliance


**Living with Parkinson’s Disease**

Kathleen E. Biziere, MD, PhD and Matthias C. Kurth, MD, PhD

This book was written for those who have been diagnosed with Parkinson’s disease, as well as family members and friends. It describes the nature of the disease, treatments that are available for its management, as well as the results of research efforts devoted to improved treatments.


To order call toll-free 1-800-532-8663
Health and Wellness

The Healthy Body Handbook

A Total Guide to the Prevention and Treatment of Sports Injuries
David C. Saidoff, PT and Stuart Apfel, MD

"Whether you use The Healthy Body Handbook for cover-to-cover reading or simply as a reference, it’s a great book to have around. Because you never know when you’re going to need a trustworthy guide for treating a painful injury." —Austin Fit Magazine


The Essential Patient Handbook

Getting The Health Care You Need—From Doctors Who Know
Alan B. Ettinger, MD and Deborah M. Weisbrot, MD

"The ideal doctor-patient relationship exists as a true partnership; this novel handbook provides the most essential, real-life scenarios on attaining that." —Exceptional Parent Magazine

Sections. The Medical Evaluation Process and Developing Your Own Medical Record. Special Situations. Questions for the Doctor. Other Useful Information. Appendices.


In a concise and readable format, the 300 Tips series provides patients and caregivers with practical advice on getting organized, living smarter, conserving energy, and maintaining independence.

Firsthand tips and techniques for better living in a new, updated second edition!

Multiple Sclerosis

300 Tips for Making Life Easier, 2nd Edition
Shelley Peterman Schwarz

"...a compendium of tips, techniques, and life-task shortcuts...learned from personal experience...essential reading for all [people with] MS, their families and caregivers..." —Bookwatch

"...full of wonderful ideas on everything from home safety and accessibility to dressing and grooming...an absolute ‘must have’ for every individual with MS." —The MSAA Motivator

Expanding on the bestselling first edition, this guide contains more than 300 tips for helping MS patients efficiently manage their lives. New additions include chapters on medical updates, travel, and transportation concerns.


A Caregiver’s Guide to Alzheimer’s Disease

300 Tips for Making Life Easier
Patricia Callone, MA, Barbara Vasiloff, MA, Roger Brumback, MD, Janaan Manternach, and Connie Kudlacek

With an abundance of pointers and guidelines for affected individuals, their families, friends and caregivers, this concise book is essential for all readers who want to focus on the capabilities that remain instead of those that have been lost.


After a Stroke

300 Tips for Making Life Easier
Cleo Hutton

With over 300 tips to assist in recovery, this book offers tried and true methods for coping with the aftermath of a stroke. The author, a twelve-year stroke survivor and nurse, addresses topics such as:

- communication
- safety issues
- relaxation techniques
- emotional liability
- personal care
- intimacy issues

The book’s mission is to foster independence for people living with stroke and promote healing through a positive outlook. After a Stroke is an essential tool for all stroke survivors and their families.


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