



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, chemodenervation 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 suffers and their loved ones."-Mary Lou Koster Thompson, President, Benign Essential Blepharospasm Research Foundation

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Rose Slagle:

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Margaret Garcia:

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