

## Book Review of *100 Questions and Answers*

*100 Questions and Answers* from the Muhammad Ali Parkinson Center, written by Abraham Lieberman, M.D., was of special interest. The second edition was released in 2009. The questions are answered clearly and in detail. Discussed are the usual and some less common topics. For instance, about 20% of people with PD lose 10 – 20% of their body weight over a six to twelve month period, mostly a breakdown of fat rather than both fat and muscle. Possible factors include decreased appetite (perhaps from the anti-PD medication, anxiety or depression); increased physical activity (such as from a marked tremor); the hypothalamus affected by PD may reset the amount of a certain hormone that causes more calories to be burned; or difficulty swallowing. There is a discussion of the role of fatty acids in the diet of PD patients. Fifteen pages are devoted to deep brain stimulation And these are just a few of the topics covered.

A valuable publication is *Parkinson's Disease Resource List*, put out by the PD Foundation. The 2nd edition of this 178-page book was released in 2011. Chapter headings include the following: Learning about PD; Employment Issues, Insurance, Financial Assistance and Legal Matters; Caring in PD; Managing Advanced PD; PD Organizations; and PD Treatment Centers. No advice regarding treatment is given; each chapter lists the institutions and publications where help can be obtained. A two- to five-line paragraph describes each listing, along with telephone number, email address, and website.

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