



All of Dr. Abraham Lieberman's books were recommended by Jeanne Milstein. Dr. Lieberman, a world-renowned neurologist and Parkinson's disease expert, retired from Barrow Neurological Institute in 2018. Many of us in Tremble Clefs were his patients. 3 books by Dr. Lieberman are:

Shaking Up Parkinson Disease: Fighting Like a Tiger, Thinking Like a Fox. A Book for the Puzzled, the Hopeful, the Willing, and the Prepared

Answers to common questions from people with PD; book is easy to read, offers concrete advice.
by Abraham Lieberman, MD
Jones & Bartlett Publishers, 2002

**The Muhammad Ali Parkinson Center
100 Questions & Answers about Parkinson Disease**

by Abraham Lieberman, MD
Patient-oriented guide to coping with PD.
Jones & Bartlett Learning, 2nd ed., 2009

Memories of a Brain Doctor: Parkinson's, Paralysis, Psychosis. Muhammad Ali, Franklin Roosevelt and Adolf Hitler. A neurologist's perspective into the minds of famous and infamous persons.

By Abraham Lieberman, MD with editors
Medical professional's autobiography recounts story of his family's history, his own years at NYU-Bellevue Medical School and patients he cared for, including Muhammad Ali.
Paperback & Kindle only.
Kelsey Lieberman, 2020

Window of Opportunity: Living with the Reality of Parkinson's and the Threat of Dementia

by Kirk W. Hall
"I just opened the first chapter about 2 hours ago and couldn't stop - just finished it. It is an excellent book!" Carol J. Walton, CEO, Parkinson Alliance.
Paperback & Kindle
Smashwords, 2014
Recommended by Donna Rosenheck

Brain Maker: The Power of Gut Microbes to Heal and Protect Your Brain for Life

by David Perlmutter, MD with Kristin Loberg
Describes connections between our diet, the gut and our health.
Yellow Kite, 2015
Recommended by Carol King

The New Parkinson's Disease Treatment Book: Partnering with Your Doctor to Get the Most from Your Medications

by J. Eric Ahlskog, MD
Author is a Professor of Neurology at the Mayo Medical School and Chair of the Mayo Section of Movement Disorders, Mayo Clinic, Rochester, Minnesota.
Oxford University Press, 2nd ed., 2015
Recommended in reviews from several major medical centers & nonprofit PD organizations

Parkinson's Disease: 300 Tips for Making Life Easier

by Shelley Peterman Schwarz
Demos Health; 2nd edition, 2006
Recommended by Jeanne Milstein

Several online sites list good resource materials for PD. An excellent recommended reading resource is found on The Michael J. Fox Foundation website: <https://www.michaeljfox.org/books-resources>. We all realize that cutting edge material is first found in professional journals as well as legitimate online resources, such as those posted by Mayo Clinic, Cleveland Clinic, Merck, etc.

As a librarian and avid reader, I really enjoy getting recommendations for books from someone I know. I hope you do too. I appreciate all those who took the time to share a book about Parkinson's disease.

Donna Rosenheck,
TC AZ Secretary, Newsletter Editor

April 1 we will have an Interview with Sun Joo Lee in our e-newsletter!



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Jim Hill's Journey with Parkinson's

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In 2019, I joined a clinical trial of a subcutaneous pump putting Carbidopa-Levodopa into my body 24/7. This has eliminated all of my “off” times. **Currently in 2021, I am taking part in another medical trial.** A big advantage is that my PD medicine is provided by the research group.

I have the blank facial expression that only Parkies can have and that tends to hide my own positive attitude. I go to support groups, stay social, don't hide, and share knowledge and experience to try to help and encourage others. This will be a lifetime journey. Within certain limitations we have tried to enjoy and appreciate the good times and look forward to more. Drug manufacturers seek to develop better medications for PD. Michael J. Fox, recognized worldwide, pushes relentlessly for more funds to do much needed research to find a cure. Muhammad Ali, also recognized worldwide, raised funds to help find a cure and to help people living with PD.

The path your body and mind take will be unique as everyone is different. Give it your best shot. **Exercise is the best thing you can do to keep your body functioning, making endorphins, staying as strong as possible. Exercise is excellent for keeping a positive attitude.**

I feel fortunate to have a wonderful wife and family that support my efforts. I have learned a great deal from the wide variety of people I have met over the years. I feel somewhat lucky I don't have a more severe illness with deep pain or other terrible symptoms. I feel fortunate and try to concentrate on the positives. I think when you set daily obtainable goals, it challenges and encourages you. I also have larger goals that are harder

and may be out of my control. My son moved to New Mexico about a year ago, but because of our current restrictions I haven't seen him for a year and my goal is to see him in the near future.

Since I was diagnosed in 2007, we have tried to do positive things. I have fun, travel, see family and loved ones; I'm not just staying home and feeling sorry for myself. We are alive and kicking and we might as well enjoy life to the best of our ability. It is something that you really have to work at and if you do, you will receive a wonderful boost in your self-respect.

Since I have had PD for about 14 years, I have been moving on in stages. Recently I was diagnosed with the beginning stages of dementia. So now I have to deal with detailed mental challenges too. My physician has prescribed a skin patch of Rivastigmine and I have found that makes a world of difference. I now function better.

I plan on staying in a positive environment with my family, friends, support group, exercising and singing in Tremble Clefs. Teri and I say it's just another bump in the road. We have to tackle it the best we can and move on; we don't want to get stuck in a rut. I think of the Rolling Stones song “You Can't Always Get What You Want.” I never could have kept going without the love and support of Teri, family and friends.

Jim Hill



Jim Hill on his bike

