



Parkinson's Treatment German Edition: 10 Secrets to a Happier Life: Die 10 Geheimnisse eines glücklicheren Lebens mit der Parkinson- Krankheit

Michael S Okun MD, Christine Daniels MD

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Die jüngsten Prognosen zur Häufigkeit der Parkinson-Krankheit sind erschreckend. Sollten sie stimmen, bedeuten diese Zahlen, dass wir uns an der Schwelle zu einer neu aufkommenden Pandemie befinden. Es ist zu befürchten, dass sich die Zahl der Parkinson-Patienten in den bevölkerungsreichsten Nationen der Erde bis zum Jahr 2030 auf fast 30 Millionen verdoppeln wird. Diese Zahlen mögen unglaublich erscheinen, aber sie sind real und liegen in der kontinuierlich alternden Bevölkerung begründet. Alter ist der wichtigste und nicht beeinflussbare Risikofaktor für die Entwicklung der Parkinson-Krankheit. Da die Lebenserwartung steigt, steigt zwangsläufig auch die Zahl der Erkrankten an. Anders gesagt, wenn jeder 100 Jahre alt wird, werden wir gezwungen sein, uns mit der Parkinson-Krankheit im Sinne einer weltweiten Krise auseinanderzusetzen. Während meiner weltweiten Reisen als Medizinischer Direktor der „National Parkinson Foundation“ (NPF) habe ich Zehntausende von Parkinson-Betroffenen, Angehörigen und Freunden getroffen. Eine der am häufigsten gestellten Fragen ist: „Was kann ich tun, um mein Leben und das meiner Angehörigen zu verbessern?“. Ich habe dieses Buch geschrieben, um diesen Wissensdurst, den sich Parkinson-Patienten und ihre Familien weltweit teilen, zu stillen. Gemeinsam mit einem Netzwerk aus ehemaligen Stipendiaten und Kollegen haben wir dieses Buch in so viele Sprachen wie möglich übersetzt, um das notwendige Wissen für ein hoffnungsvolleres und glücklicheres Leben mit der Parkinson-Krankheit in der Welt zu verbreiten. Internationally renowned as both a neurologist and a leading researcher, Dr. Okun has been referred to as, “the voice of the Parkinson’s disease patient.” He has an international following on the National Parkinson Foundation’s Ask the Doctor web-forum. His many books and internet blog posts are brimming with up-to date and extremely practical information. He has a talent for infusing his readers with positivity and optimism. In his current book, he unmaskes the important secrets applicable to every Parkinson’s disease patient. For some sufferers the secrets have translated into walking again, for others they have restored voices, and for many they have resulted in the lifting of a depression, anxiety and desperation cloud. "There isn't any joking with Dr. Okun about the 10 Secrets for a Happier Life in Parkinson's disease. This book is a critical resource for Parkinson's disease patients and families from around the world who speak different languages, but suffer from very similar and often disabling symptoms." –Muhammad Ali The book addresses current Parkinson’s disease issues and also details emerging therapies (DBS, stem cells, vaccines, gene therapy, optogenetics). Okun masterfully breaks down all of the science into an easy to follow and pleasurable reading experience. Parkinson’s Treatment: 10 Secrets to a Happier Life is available in over 20 language translations, and also in an audio version. Dr. Okun has truly helped thousands of Parkinson’s disease patients and families discover the core values necessary to achieve happiness despite living with a chronic disease.

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