



# **Parkinson's Treatment Italian Edition: 10 Secrets to a Happier Life: Il trattamento del Parkinson: 10 segreti per una vita più felice**

*Michael S Okun MD, Marco Sassi MD*

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Le più recenti previsioni riguardo la Malattia di Parkinson sono impressionanti. Se accurate, i numeri suggeriscono di svegliarsi rapidamente, e rendersi conto che siamo sull'orlo di una incipiente pandemia. Spaventa considerare che nelle nazioni più popolose, il numero di parkinsoniani raddoppierà fino all'incirca a 30 milioni per l'anno 2030. Queste statistiche in progressiva crescita possono sembrare incredibili, ma sono reali, e sono supportate da una popolazione in continuo invecchiamento. E l'invecchiamento è un inevitabile e innegabile fattore di rischio per quanto riguarda lo sviluppo della malattia di Parkinson. All'aumentare dell'aspettativa di vita, aumenta il numero di casi. In altre parole, se ciascuno di noi vivesse fino all'età di 100 anni, tutti saremmo obbligati ad avere a che fare con la malattia di Parkinson. E sarebbe una crisi mondiale. Viaggiando per il mondo come Direttore Medico Nazionale per la National Parkinson Foundation, ho incontrato decine di migliaia di persone affette da malattia di Parkinson, i loro familiari, i loro amici. Una delle domande più frequenti nelle loro menti è "cosa posso fare per rendere la mia vita e le vite attorno alla mia migliori?". Ho scritto questo libro per aiutare a sedare quella sete che è condivisa dai pazienti parkinsoniani e dalle loro famiglie in tutto il mondo. Ed è in questo spirito che attraverso un network di colleghi e collaboratori abbiamo tradotto questo libro in quante più lingue possibile. Così da aiutare a comprendere i segreti della Speranza e di una Vita più felice con la malattia di Parkinson. 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 unmasks 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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