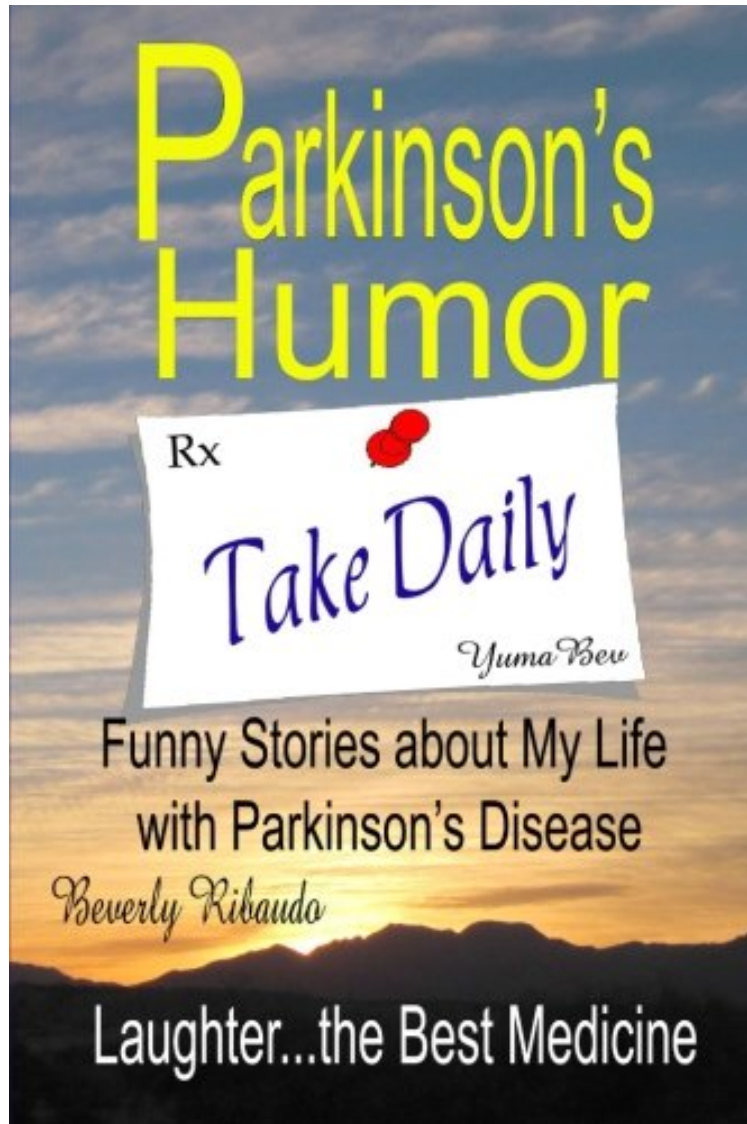


[Library ebook] Parkinson's Humor - Funny Stories about My Life with Parkinson's Disease

## Parkinson's Humor - Funny Stories about My Life with Parkinson's Disease

*Beverly Ribaldo*

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**Beverly Ribaldo : Parkinson's Humor - Funny Stories about My Life with Parkinson's Disease** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Parkinson's Humor - Funny Stories about My Life with Parkinson's Disease:

11 of 11 people found the following review helpful. Excellent book! By Diane Noble I downloaded this book yesterday on my Kindle and literally couldn't put it down once I started reading it in bed last night. As a person with PD

(Parkinson's Disease), I find it so refreshing and uplifting to read about Bev's ability to look for the humor in her circumstances. She turns potentially embarrassing moments into opportunities to laugh, lifting hearts and making new friends on her journey. I highly recommend this book to anyone with PD, family members and friends of PD folks, caregivers, and actually, anyone facing difficult circumstances, physical or otherwise. Humor lifts our hearts. Bev has given us all an incredible gift with this book. She IS a gift! Oh, and one more thing: Not only is this book funny, it's also filled with great, down-to-earth advice for people with Parkinson's -- so much so that she's been a guest blogger on the Michael J. Fox website twice within the last few months. Kudos, "YumaBev"! 1 of 1 people found the following review helpful. This is one of seven useful books I read on Parkinson's Disease.

By Kathleen San Martino

For the past 14 years an extremely close friend of mine has had many unexplainable symptoms (lack of smell, muscle cramping, choking, extreme abdominal pain with nausea after eating fiber or fat-rich foods, etc.) This November 2015 I noticed a resting tremor in the arm on his left side. This was the first time I suspected his issues were related to one disease which might be Parkinson's Disease (PD). However, I still dismissed this possibility because tremors can be related to other medical issues (one of which is benign) and he has only had this tremor three times. Periodically over the past several months I noticed him walking slower, a frozen facial expression, and his right hand curled in front of him as if he had a stroke. On Dec 5, 2015 he really exhibited the slow walking, frozen face, and curled hand and he took forever to dress that morning. Later that evening I became certain (in my opinion) that he has PD due to his telling me about a change in his handwriting which I did not witness. Unfortunately, he refuses to go to the doctor or seek medical help from a neurologist even when I told him I believe he has PD. On extremely rare occasions he'll go to see a particular specialist for whatever ailment is almost killing him at the moment. As a result, since December 2015 I've completely immersed myself in learning about PD with some cursory investigation of illnesses that exhibit Parkinson-like symptoms because I wanted to be sure I was on the right track. Besides searching the Internet for information, I purchased seven (7) books on Parkinson's Disease (PD) of which this book is one. My review is written from the perspective of someone who does not have PD but wants to learn about what the signs of PD are, what a person's life will be like, what are their challenges, what they should do about it, what is their life expectancy, etc. This book is in the list below. I've listed the books in the order of value to me and not in the order that I read them. I also put the copyright date of each book in parenthesis as well as my star ranking based on its usefulness to me and a short few sentences of what the book was about. If I had PD myself, I would rank them in a different order. I posted the same review to each one of these seven (7) books. At the end, I wrote a summary of what I think about PD and listed seven (7) other books I may one day buy and read.

Parkinson's Disease For Dummies (c 2007) (4.5 stars) - Although this book does not have the latest developments or information on PD or Lewy Body disease (dementia included), it was invaluable in helping me understand what PD is in the most simplest terms. It helped me understand what to look for in a person with PD and what challenges they face. Since we are in 2016, the information on treatment is somewhat outdated. This book is great for someone who suspects they have PD or just got diagnosed because it clarifies symptoms in easy-to-understand language. It's a great resource for the newly diagnosed PD patient and those preparing for their first appointment. It also has information on Young Onset Parkinson's Disease (YOPD) and a chapter (sections of which I skipped over) full of exercises for the PD patient.

What Your Doctor May Not Tell You About(TM): Parkinson's Disease: A Holistic Program for Optimal Wellness (c Feb 2003) (4 stars) - This is like a textbook on Parkinson's disease with case studies from actual patients and information on alternative therapies such as acupuncture. This book appears to outline all the symptoms of Parkinson's, including ones not in other books such as Seborrheic dermatitis and stuttering (which is also in Wilson's disease). This book discusses everything from A-Z, like complementary medicine (homeopathy, acupuncture, etc.), issues for caregivers, etc. Case studies are interspersed throughout the text to give the reader a general idea of a PD person's experiences. It even mentions Mucuna pruriens which is a bean sold in supplement form and has high levels of levodopa that could be of help to PD patients--of course, only take this with supervision of your doctor.

A Caregiver's Guide to Lewy Body Dementia (c 2011) (5 stars) - this broadened my horizons about PD because it described the symptoms related to two very similar diseases and was co-written by someone whose spouse had dementia with Lewy bodies. PD is a Lewy Body disease where abnormal proteins show up on the part of the brain that controls movement. However, it is closely associated with Lewy Body Dementia that has abnormal proteins on the cognition part of the brain. Both diseases have many of the same symptoms and depending on which symptoms appear first that determines what the disease is called. It is either dementia with Lewy bodies (DLB) or Parkinson's Disease with Dementia (PDD). The diagnosis is critical because medications for one disease can have adverse effects on those with the other disease or on those with Alzheimer's. Some DLB patients are misdiagnosed with Alzheimer's and those medicines are contraindicated in most cases for them. It was this book that helped me realize the symptoms I was seeing was the same with my friend and also easily explained what a caregiver needs to do.

Living Well with Parkinson's (second edition) (c 1991, 2005) (5 stars) - This book was originally written by a woman who had Parkinson's Disease but who died on November 25, 1998 from a heart attack unrelated to PD. It was revised in 2005. This book is phenomenal in my opinion because it supplied me with an excellent narrative of what it was like to live with Parkinson's and how to make that life worth living. The chapter on "Medications and Therapies" provides a list of diseases that can resemble PD. The chapter on "Is There

Life With Parkinson's" is a positive narrative on how the author lived very well with the disease. Parkinson's Humor - Funny Stories about My Life with Parkinson's Disease (c2012) (4 stars) - is a lighthearted book written by someone who has PD. The book, although not very funny to me, educated me on what day-to-day life is like to live with PD. For instance, Beverly mentioned how sometimes she felt starched when describing the rigidity PD patients experienced. Except for Living Well with Parkinson's, this book was the only other uplifting book. All the others books were way too serious and sobering. At a time when I am new in trying to understand PD and PDD, reading a text like this or the one above was critical especially since I was overdosing on the subject. This book provided the mental break I needed, was slightly educational, and an extremely easy read. Parkinson's Disease: The Complete Guide for Patients and Caregivers (c 1993) (3 stars) - this book is similar to What Your Doctor May Not Tell You About(TM): Parkinson's Disease: A Holistic Program for Optimal Wellness but it's 10 years earlier so the information is dated. For example in one chapter on how to cope with Parkinson's there's a suggestion to use a Dictaphone if you can't write. It has a short first section on symptoms of the disease and then goes into history, treatment, etc. There are three sections, however, that I found worthwhile. The Chapter on "The A to Z Guide to Symptoms and Side Effects," "Planning Your Financial Future," and "Diseases That May Resemble Parkinson's Disease" which is in the Appendix II are invaluable. One thing I did not like about this book is that it was very negative describing more than once about the disabling effects of PD and how you have get your affairs in order, etc. Except for the three worthwhile chapters, I feel I did not need to purchase this book to get the information I was looking for. Brain Storms: The Race to Unlock the Mysteries of Parkinson's Disease (c 2015) (4 stars) - the author is actually a PD patient and this book covers the most recent research on PD. It was not as helpful to me because it talked more about the latest developments in the search for a cure as well a brief glimpse at tests and drugs for PD patients. If I were a person with PD, then this book would probably be second in value in my list. For me, I could have done without purchasing this book. In summary, what I discovered is that a PD patient does not die from their disease and they can have a normal life expectancy. PD is a slowly progressive disease, that is not usually hereditary, and which affects each patient differently. Not all PD patients have visible tremors. The disease definitely changes the patient's life and the lives of those closest to them but it sometimes does this for the better because the patients re-evaluate their lives and how they want to spend their time. For many, the disease will be an inconvenience that the patients and caregivers can learn to live with. There are no tests that can definitely determine someone has PD while the person is alive. A definitive diagnosis can only be made with post-mortem brain analysis. PD is determined via a process of elimination of testing for other similar diseases, observing arm muscle reactions during a test a doctor may try, and observing how the symptoms respond to Carbidopa / Levodopa drugs. It is critical that patients seek help immediately and partner with a doctor (or several doctors such as physical therapists, speech therapists, etc.) to seek a diagnosis and develop a treatment plan. At the early stages of PD, no drug therapy may be involved; it might be more of a wait and see approach. The positive attitude of the patient along with eating right, exercising, partnering with a healthcare team, and having a good support network provides the best outcome for the patient to have a fruitful life with only some limitations and modifications. Please understand that no one book provided all the information I needed or wanted. I discovered information has to come from several sources, including the Internet and PD support groups. For instance, one PD symptom not mentioned in any of these books is gastroparesis. I found that one by searching the Internet with the word Parkinson's and abdominal cramping with nausea and the likes. I did these searches years ago, but at that time I did not suspect PD so Parkinson's was not part of the search criteria. I do hope my friend will seek the help of a neurologist, detail all his symptoms, and let me tell the neurologist what I have been seeing. Could I be wrong about believing that my friend has PD. Absolutely, I could be wrong; even doctors misdiagnose patients. However, after reviewing Internet sources for the other diseases mentioned in these books, the only other diseases that come close with his symptoms are a brain tumor or Wilson's disease. However, with Wilson's disease his eye doctor would have noticed the copper ring (known as Kayser-Fleischer Ring) around his cornea during his eye exam. Although I am on PD overload, below are seven (7) other books (not listed in any particular order) that I might purchase in the future to learn more. The first one is on a disease with very close PD symptoms and the other six are on PD or a person's experience with PD. 1. Wilson's Disease for the Patient and Family: A Patient's Guide to Wilson's Disease and Frequently Asked Questions about Copper 2. The Muhammad Ali Parkinson Center 100 Questions Answers About Parkinson Disease (100 Questions Answers) 3. A Life Shaken: My Encounter with Parkinson's Disease 4. Lucky Man: A Memoir 5. Parkinson's Disease: A Complete Guide for Patients and Families (A Johns Hopkins Press Health Book) 6. Parkinson's Disease and the Family: A New Guide (The Harvard University Press Family Health Guides) 7. Eat Well, Stay Well With Parkinson's disease 1 of 1 people found the following review helpful. and are fortunate enough to be able to attend her monthly support ...By Ginny This is a must read if you know a friend, neighbor, or relative who has Parkinson, or if you are a Parkinson patient yourself. Her delightful outlook on living positively with this disease is uplifting and encouraging, and her humor is contagious. I started reading her book and had a hard time putting it down. My husband and I are winter visitors in Yuma this year, and are fortunate enough to be able to attend her monthly support meetings. She had us at "welcome to the club no one wants to belong to". I enjoyed reading about her journey in life so much that I am going to order several copies of this book and donate them to our support group when we return home. Thank you so much

Bev (and Wonderful Husband Sal) for publishing this book.

I have Parkinson's Disease and a sense of humor! This is a collection of 100 funny stories about my life with Young Onset Parkinson's Disease. I also share some helpful advice for surviving this disease. Come learn and laugh with me! Laughter is the best medicine. Have a Happy Parkie Day!

About the Author Beverly Ribaldo was diagnosed with Parkinson's disease at age 47, after going from doctor to doctor for eight years. She never lost her sense of humor and continues to laugh about her life with Parkinson's. Her funny stories and song parodies have cheered up thousands of people around the world, from Australia to Iceland, South America, China, Russia, the Middle East, Africa and Europe as well as fans from all 50 U.S. states. Everyone is laughing with YumaBev. Even if you don't have Parkinson's, you will find her stories inspirational. Like she says, "Have a Happy Parkie Day!"