

Neurological disorders include a wide range of conditions affecting people of all ages. The following is a collection of resources about neurological disorders that may be useful in a general consumer health collection. It includes general resources about this subject and discusses some recent titles of interest; however it is neither a comprehensive list of resources available about neurological disorders nor a list of resources that are recommended more highly than other earlier titles. There are many more titles available on specific neurological conditions, some of which can be found at the following publishers: Demos Medical Publishing, Johns Hopkins University Press and Woodbine House, among others. High quality information can also be found on the websites of the National Institute of Neurological Disorders and Stroke (NINDS) and the American Academy of Neurology Foundation, "The Brain Matters," as well as on more general sites such as MedlinePlus, Healthy NJ and NOAH (New York Online Access to Health).

## **General Resources**

American Academy of Neurology. **Neurology Now**. New York: Lippincott Williams & Wilkins, 2005--. ISSN: 1553-3271.

This consumer health journal is published six times a year. Each issue has one in-depth "special report" as well as three somewhat shorter "features" about various neurological conditions and/or human interest stories about celebrities and other well known people affected by them. There are also regular columns in most issues that contain news, brief reports about research, reader submitted questions answered by specialists, and other short discussions of financial issues, new treatment approaches, and living with a neurological condition.

Bloom, Floyd E. Beal, M. Flint and Kupfer, David J., Eds. **The Dana Guide to Brain Health**. New York: Dana Press, 2003. ISBN: 0743203976.

This book provides in depth information about the brain and its developmental changes throughout the life span as well as an overview of its cognitive, social-emotional and regulatory functions. In addition, brief chapters on over 70 diseases and conditions involving the brain are included. These provide an explanation of each condition, its diagnosis and treatment, and when possible causes and prognosis.

Chamberlin, Stacey L. and Narins, Brigham, Eds. **The Gale Encyclopedia of Neurological Disorders**. Detroit: Thomson Gale, 2005. ISBN: 078769150X.

A two volume set, this comprehensive encyclopedia includes over 400 articles on parts of the brain and central nervous system, as well as neurological conditions and diseases. Most entries include a description of the condition, its symptoms, diagnosis, treatment, rehabilitation, any special issues and conclude with a list of further resources. In addition there are specific articles about medications and other therapies used in treatment for neurological disorders. Information is included on both common and rare conditions.

## **Specific Diseases and Conditions**

Attwood, Tony. **The Complete Guide to Asperger's Syndrome**. London ; Philadelphia: Jessica Kingsley Publishers, 2007. ISBN: 1843104954.

Attwood, a clinical psychologist from Australia who specializes in treating people with Asperger's Syndrome, has written several other books for parents and professionals about this disorder. This book is written for both of these groups and includes basic information on the diagnosis and treatment of Asperger's Syndrome. Much of the book consists of an in depth discussion of the effect of this condition on the development of a person in all domains: cognitive, social-emotional, educational, and sensory as well as on their life skills. A helpful glossary, list of resources and an extensive bibliography complete the book.

Cohen, Shirley. **Targeting Autism: What We Know, Don't Know, and Can Do to Help Young Children with Autism Spectrum Disorders**, 3<sup>rd</sup> ed. Berkeley, CA: University of California Press, 2006. ISBN: 0520248384.

This book provides information about autism spectrum disorders, explaining the conditions and their impact on development as well as on the family of a person with one of these diagnoses. The author also provides a balanced overview of the many different treatment approaches used with this population and discusses some of the controversies surrounding the causes of these disorders and related alternative treatments. Cohen is a professor of special education at Hunter College.

Freeman, John M. et al. **The Ketogenic Diet: A Treatment for Children and Others with Epilepsy**, 4<sup>th</sup> ed. New York: Demos Medical Pub., 2007. ISBN: 1932603182.

This book presents information about the ketogenic diet, a treatment approach used for epilepsy when seizures are unable to be controlled by medication and surgery is not an option for treatment. The authors provide information about the diet, its history and how it works as well as detailed explanations of how to incorporate the diet into daily living. It also includes sample meal plans and recipes.

Holland, Nancy J., Murray, T. Jock and Reingold, Stephen Charles. **Multiple Sclerosis: A Guide for the Newly Diagnosed**, 3<sup>rd</sup> ed. New York: Demos Medical Pub., 2007. ISBN: 1932603271.

Written by three medical professionals who are also researchers specializing in Multiple Sclerosis (MS), this book provides information on the diagnosis and treatment of this disease. Much of the book also addresses the impact of the condition on a person's ability to function in his or her daily life, as well as information about understanding and locating research into MS.

Mace, Nancy L. and Rabins, Peter V. **The 36-Hour Day: A Family Guide to Caring for People with Alzheimer Dis-**

**ease, Other Dementias, and Memory Loss in Later Life**, 4<sup>th</sup> ed. Baltimore: Johns Hopkins University Press, 2006. ISBN: 0801885094.

Considered a classic in its field, this updated 25<sup>th</sup> anniversary edition provides valuable information to family members regarding caring for loved ones diagnosed with Dementia. It includes chapters on medical problems and behavioral symptoms associated with these conditions as well as information about caregiving, coping, locating needed assistance, and an update on current research on Alzheimer disease.

Marsh, Tracy Lynne, ed. **Children with Tourette Syndrome: A Parents' Guide**, 2<sup>nd</sup> ed. Bethesda, MD: Woodbine House, 2007. ISBN: 1890627364.

The Woodbine House Special Needs Collection includes books about a wide range of conditions that affect children, and are written primarily for parents and other interested people. While many of the titles in this series are getting older, several books (including this one) have recently been released in new updated editions. This book includes information on medical and educational issues as well as on family life and coping with this disorder. Many of the chapters from the first edition have been updated and several new chapters have been added, all of which are written by experts in the field.

Miller, Freeman, and Bachrach, Steven J., et al. **Cerebral Palsy: A Complete Guide for Caregiving**, 2<sup>nd</sup> ed. Baltimore: Johns Hopkins University Press, 2007. ISBN: 0801883555.

The primary audience for this book is family members of children and adolescents diagnosed with Cerebral Palsy (CP). It is divided into three sections: information about the different types of CP and their impact on the development of the child, a wide variety of issues involved in caregiving for children with CP, and a reference guide arranged in an encyclopedic format with concise information about all aspects of life for a person with CP. Most of the contributors to this book are on staff at the Alfred I. duPont Hospital for Children and the authors are co-directors of the Cerebral Palsy Program there.

Stein, Joel, Silver, Julie and Frates, Elizabeth Pegg. **Life After Stroke: The Guide to Recovering Your Health and Preventing Another Stroke**. Baltimore: Johns Hopkins University Press, 2006. ISBN: 0801883644.

The authors, all from the Department of Physical Medicine and Rehabilitation at Harvard Medical School, provide a comprehensive discussion of treatment for this condition, both immediately after a stroke occurs as well as rehabilitation in the months and years following. The book also addresses steps one can take to prevent another stroke from occurring, including lifestyle changes and ways to minimize a variety of risk factors and causes of stroke.

Various authors. **100 Questions & Answers series**. Sudbury, MA: Jones and Bartlett.

This series contains several volumes about various neurological conditions, written in a question and answer format. Each book contains information about the diagnosis and treatment of the disease with some additional information about its effect on activities of daily living. Some recent titles include:

Quinn, Campion. **100 Questions and Answers about Autism: Expert Advice from a Physician/Parent Caregiver**, 2006. ISBN: 0763738948.

Sheremata, William. **100 Questions and Answers about Multiple Sclerosis**, 2006. ISBN: 0763747637.

Singh, Anuradha. **100 Questions and Answers about Epilepsy**, 2006. ISBN: 0763733016.

Various authors. **American Academy of Neurology (AAN) Quality of Life Guides**. New York ; Saint Paul, MN: Demos/AAN Press.

Each book in this series addresses a specific neurological condition, including diagnosis and treatment as well as information on coping. Most authors are board certified neurologists or internal medicine specialists and many are also professors at various medical schools. Recent titles include:

Buchfuhrer, Mark J., [et al.]. **Restless Legs Syndrome: Coping with Your Sleepless Nights**, 2007. ISBN: 1932603573.

Caplan, Louis R. **Stroke**, 2006. ISBN: 193260314X.

Gould, Harry J. **Understanding Pain: What It Is, Why It Happens, and How It's Managed**, 2007. ISBN: 1932603581.

Latov, Norman. **Peripheral Neuropathy: When the Numbness, Weakness, and Pain Won't Stop**, 2007. ISBN: 193260359X.

Leppik, Ilo E. **Epilepsy: A Guide to Balancing Your Life**, 2007. ISBN: 1932603204.

Parry, Gareth J. and Steinberg, Joel S. **Guillain-Barré Syndrome: From Diagnosis to Recovery**, 2007. ISBN: 1932603565.

Weiner, William J., Shulman, Lisa M. and Lang, Anthony E. **Parkinson's Disease: A Complete Guide for Patients and Families**, 2<sup>nd</sup> ed. Baltimore: Johns Hopkins University Press, 2007. ISBN: 0801885469.

This volume contains a comprehensive explanation of Parkinson's disease, the different types of this condition, its signs, symptoms, diagnosis and treatment, including a chapter on complementary and alternative medicine. Weiner and Shulman are board certified neurologists and are also professors at the University of Maryland School of Medicine. Lang is a professor of neurology at the University of Toronto.