

[PDF] You Can Cope With Neuropathy

Norman Latov, Mims Cushing - pdf download free book



Books Details:

Title: You Can Cope With Neuropathy
Author: Norman Latov, Mims Cushing
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Description:

Review "Mims Cushing, a professional writer, has PN; she offers her own experience and perspective on self-care...Every aspect of living is covered from coping at home, exercise, travel tips, and wellness, including positive thinking and how caregivers can help...[the book] has a helpful index, a glossary of acronyms, an extensive bibliography, and long list of associations whose work is related to PN. This book is highly recommended for all public and consumer health libraries." -- CAPHIS, Medical Library Association

"The book offers the valuable perspectives of the authors, one a patient-expert and the other a

physician who specializes in the treatment of PN. Full of patients' personal stories, 'You Can Cope with Peripheral Neuropathy' will help sufferers realize they are not alone and allow their loved ones to better understand the PN experience."--Stanford Health Library

"Packed with practical tips and insights unique to neuropathy, this book shows patients and their families how to improve the quality of their lives."--The Neuropathy Association

"Cushing has lived with peripheral neuropathy for some 15 years and has published extensively in magazines and newspapers about her experiences. Dr. Latov is director of the Peripheral Neuropathy Clinical and Research Center at Cornell U.'s Weill Medical College. They present a practical guide for readers who have been recently diagnosed, were diagnosed with PN some time ago, or have experienced 'burning, tingling, stabbing pains in the feet' but not yet had a diagnosis. Combining Latov's medical expertise with Cushing's patient-expert knowledge, the text covers the basics of PN and provides tips on hand and foot care, exercise, making a home safe and comfortable, wellness strategies, hobbies and travel, working with caretakers, self-help groups, the patient-physician relationship, and PN research." - Book News

"...written in an entertaining, informal, even humorous style, and is easy to digest for patients and those who live with them." --Darlen Times

(Darlen Times 20100503)

About the Author Mims Cushing lives with peripheral neuropathy. She has published extensively in magazines and newspapers, including the New York Times, and contributed a chapter to Dr. Latov previous book *Peripheral Neuropathy: When the Numbness, Weakness, and Pain Won't Stop*, part of the American Academy of Neurology series.

Norman Latov, MD, PhD - A world-renowned expert on the topic, Dr. Norman Latov is the author of *Peripheral Neuropathy: When the Numbness, Weakness, and Pain Won't Stop*. Dr Latov is also a Professor of Neurology and Neuroscience, and Director of the Peripheral Neuropathy Clinical and Research Center at the Weill Medical College of Cornell University.

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