

Health Reference Series

Second Edition

Movement Disorders SOURCEBOOK

Basic Consumer Health Information about the Symptoms and Causes of Movement Disorders, Including Parkinson Disease, Amyotrophic Lateral Sclerosis, Cerebral Palsy, Muscular Dystrophy, Multiple Sclerosis, Myasthenia, Myoclonus, Spina Bifida, Dystonia, Essential Tremor, Choreatic Disorders, Huntington Disease, Tourette Syndrome, and Other Disorders That Cause Slowed, Absent, or Excessive Movements

Along with Information about Surgical and Nonsurgical Interventions, Physical Therapies, Strategies for Independent Living, a Glossary of Related Terms, and a Directory of Resources for Additional Help and Information

*Edited by
Amy L. Sutton*

OmniGraphics

P.O. Box 31-1640, Detroit, MI 48231

Table of Contents

Visit www.healthreferenceseries.com to view *A Contents Guide to the Health Reference Series*, a listing of more than 14,000 topics and the volumes in which they are covered.

Preface	xi
---------------	----

Part I: Introduction to Movement Disorders

Chapter 1—Anatomy of the Brain: How the Brain Controls the Body's Movements	3
Chapter 2—Bones, Muscles, and Joints: What They Do and How They Move	9
Chapter 3—Types of Movement Disorders	17
Chapter 4—Common Symptoms of Movement Disorders	27
Section 4.1—Ataxia	28
Section 4.2—Spasticity	31
Section 4.3—Stiffness, Cramps, and Twitching	34
Section 4.4—Tremor	37

Part II: Parkinson Disease

Chapter 5—Understanding Parkinson Disease (PD) and Its Symptoms	41
Chapter 6—Parkinson Plus Syndromes (PPS)	63
Chapter 7—The Genetics of PD	67

Chapter 8—Pain in PD	71
Chapter 9—PD: Treatments and Research	77
Section 9.1—All about PD Treatments and Research Developments	78
Section 9.2—Skin Patch Used to Treat PD ...	92
Section 9.3—Vaccine Reduces PD Neuro- degeneration in Mice	94
Section 9.4—Neural Transplants to Treat PD May Not Function Long-Term	97
Chapter 10—Deep Brain Stimulation for PD	99
Chapter 11—Complementary and Alternative Medicine and PD	123
Chapter 12—Choosing the Right Doctor If You Have PD	131
Chapter 13—Treating PD: The Role of the Patient	135
Chapter 14—Five Frequently Asked Questions about Hospitalization for PD	139
Chapter 15—Nutrition and PD	149
Section 15.1—Eating Right If You Have PD	150
Section 15.2—Swallowing Problems Sometimes Associated with PD	154
Chapter 16—Can Exercise Reverse Symptoms of PD?	159
Chapter 17—Voice Treatment for People with PD- Associated Speech Difficulties	167
Chapter 18—Driving and PD	171
Chapter 19—Employment with PD	175
Chapter 20—Helping Your Children Cope with Your PD	179

Part III: Other Hypokinetic Movement Disorders: Slowed or Absent Movements

Chapter 21—Amyotrophic Lateral Sclerosis (ALS)	185
Chapter 22—Cerebellar or Spinocerebellar Degeneration	195
Section 22.1—Ataxia-Telangiectasia	196

Section 22.2—Friedreich Ataxia	198
Section 22.3—Machado-Joseph Disease	200
Chapter 23—Cerebral Palsy	203
Chapter 24—Charcot-Marie-Tooth Disease	221
Chapter 25—Muscular Dystrophy	225
Chapter 26—Multiple Sclerosis	231
Chapter 27—Myasthenia	243
Section 27.1—Myasthenia Gravis	244
Section 27.2—Congenital Myasthenia	249
Chapter 28—Myoclonus	253
Chapter 29—Progressive Supranuclear Palsy (PSP)	257
Chapter 30—Rett Syndrome	271
Chapter 31—Spina Bifida	275
Chapter 32—Spinal Cord Injury and Disease	281
Chapter 33—Spinal Muscular Atrophy	289
Chapter 34—Other Types of Hypokinetic Movement Disorders	293
Section 34.1—Corticobasal Degeneration	294
Section 34.2—Multiple System Atrophy	295
Section 34.3—Postpolio Syndrome	296
Section 34.4—Stiff Person Syndrome	297

Part IV: Hyperkinetic Movement Disorders: Excessive or Unwanted Movements

Chapter 35—Dystonia	301
Section 35.1—Facts about Dystonias	302
Section 35.2—Blepharospasm	308
Section 35.3—Cervical Dystonia (Spasmodic Torticollis)	309
Section 35.4—Hemifacial Spasm	311
Section 35.5—Laryngeal Spasm	312
Section 35.6—Oromandibular Dystonia	314
Chapter 36—Tremor Disorders	317
Section 36.1—Facts about Tremors	318

Section 36.2—Essential Tremor: The Most Common Form of Tremor	325
Section 36.3—Fragile X Syndrome Causes Tremors	327
Chapter 37—Choreatic Disorders	331
Section 37.1—What Is Chorea?	332
Section 37.2—Tardive Syndromes	334
Section 37.3—Sydenham Chorea	337
Section 37.4—Paroxysmal Choreoathetosis Disease	339
Chapter 38—Huntington Disease (HD)	341
Section 38.1—All about Huntington Disease	342
Section 38.2—First Drug Treatment Approved for HD Chorea	349
Chapter 39—Movement Disorders during Sleep	351
Section 39.1—Restless Legs Syndrome	352
Section 39.2—Periodic Limb Movement Disorder	358
Chapter 40—Neuroacanthocytosis and Neurodegeneration	361
Section 40.1—Neuroacanthocytosis	362
Section 40.2—Neurodegeneration with Brain Iron Accumulation	364
Chapter 41—Spastic Paraplegia	367
Chapter 42—Tourette Syndrome	375
Chapter 43—Other Hyperkinetic Movement Disorders	383
Section 43.1—Angelman Syndrome	384
Section 43.2—Wilson Disease	386

Part V: Diagnosis and Treatment of Movement Disorders

Chapter 44—Neurological Tests and Procedures Used to Diagnose Movement Disorders	391
Chapter 45—Working with Your Doctor	405
Section 45.1—The Role of the Neurologist ...	406
Section 45.2—Making the Most of Your Doctor Visit	409

Chapter 46—Managing Spasticity	413
Chapter 47—Botulinum Toxin (Botox) Injections for Treatment of Muscle Spasticity	423
Section 47.1—Understanding Botox	424
Section 47.2—Is Botox Safe?	426
Chapter 48—Treating Spasticity in Children and Adolescents	429
Section 48.1—Nonsurgical Treatment Options for Children and Adolescents with Spasticity	430
Section 48.2—Surgical Treatment Options for Children and Adolescents with Spasticity	434
Section 48.3—Selective Dorsal Rhizotomy for Cerebral Palsy	439
Chapter 49—Treating Tremor	445
Section 49.1—Overview of Tremor Treatments	446
Section 49.2—Gamma Knife Surgery for Tremor	451
Chapter 50—Dystonia Treatments	453
Section 50.1—Oral Medications for Dystonia	454
Section 50.2—Surgical Interventions for Dystonia	456
Chapter 51—Plasmapheresis May Be Used to Treat Movement Disorders	467
Chapter 52—Physical Strategies for Improving Movement Disorder Symptoms	471
Section 52.1—Why Exercise Helps People with Movement Disorders	472
Section 52.2—Dance Therapy for Better Movement Control	474
Section 52.3—Battling Fatigue with Yoga	478
Chapter 53—Vocal Cord Paralysis and Its Treatment	481
Chapter 54—What the Future Holds: Stem Cell Research for Neurological and Movement Disorders	485

Part VI: Living with Movement Disorders

Chapter 55—Making Choices about Everyday Care	493
Chapter 56—Dressing with Ease, Style, and Comfort	503
Chapter 57—Assistive Technology Can Help People with Movement Disorders Live More Independently	507
Chapter 58—Coping with Chronic Illness and Depression	519
Chapter 59—Caring for Someone with a Neurological Disorder	523
Section 59.1—Caring for a Loved One	524
Section 59.2—Support for Spouses of People with Neurological Disorders	526
Chapter 60—Parenting a Child with a Movement Disorder: Special Concerns	533
Section 60.1—How to Care for a Seriously Ill Child	534
Section 60.2—Helping Children Deal with Bullies	538
Chapter 61—Social Security Benefits for People with Disabilities	543
Chapter 62—Legal Issues in Planning for Incapacity	549
 <i>Part VII: Additional Help and Information</i>	
Chapter 63—Glossary of Terms Related to Movement Disorders	559
Chapter 64—Directory of Agencies That Provide Information about Movement Disorders	571
Index	587