

RESOURCE CENTRAL



Parkinson's Disease Video with Holly Robinson Peete!

Parkinson's Disease: A Guide for Patients and Families is the American Academy of Neurology's new patient education video, starring actress Holly Robinson Peete. You can view it online at **TheBrainMatters.org** or watch it on television during the following times:

Miami: WTVJ, Channel 6 on June 13th @ 2 pm

St. Louis: KDNL, Channel 30 on June 14th @ 11 am

Washington, DC: WJLA, Channel 7 on June 20th @ 11:30 am

Atlanta: WGCL, Channel 46 on June 21st @ 12:30 pm

San Francisco: KPIX, Channel 5 on June 27th @ 11:30 am

Stroke Resources

If you would like to know more about stroke, check out these organizations and resources:

American Academy of Neurology: aan.com

American Heart Association:

americanheart.org

1-800-242-8721

American Stroke Association

1-888-478-7653

Give Me Five for Stroke (a collaboration of the American Academy of Neurology, the American Stroke Association, and the American College of Emergency Physicians): giveme5forstroke.org.

National Aphasia Association

aphasia.org

1-800-922-4622

National Institute of Neurological Disorders and Stroke

ninds.nih.gov

National Stroke Association

stroke.org

1-800-787-6537

Stroke Trials Directory strokecenter.org/trials

The American Academy of Neurology's patient Web site has great information about neurological conditions, including stroke: TheBrainMatters.org

Assistance Directory

For a full listing of patient organizations, go to **neurologynow.com**

HELP FOR ALL NEUROLOGICAL DISORDERS

American Academy of Neurology Foundation neurofoundation.org 1-800-879-1960

The Brain Matters
AAN patient website
thebrainmatters.org

National Institute of Neurological Disorders and Stroke ninds.nih.gov

ALZHEIMER'S DISEASE

Alzheimer's Association alz.org 1-800-272-3900

Alzheimer's Disease Education and Referral Center alzheimers.org 1-800-438-4380

Alzheimer's Foundation of America alzfdn.org 1-866-232-8484

AUTISM

Autism Society of America autism-society.org 1-800-3AUTISM (1-800-328-8476)

Autism Speaks, Inc. autismspeaks.org 212-252-8584

Global and Regional Asperger Syndrome Partnership

grasp.org 1-888-474-7277

BRAIN TUMOR

American Brain Tumor Association abta.org 800-886-2282

National Brain Tumor Society

Braintumor.org

1-800-934-2873

CEREBRAL PALSY

United Cerebral Palsy ucp.org 1-800-872-5827

DYSTONIA

Dystonia Foundation dystonia-foundation.org 1-800-377-DYST (1-800-377-3978)

Spasmodic Torticollis spasmodictorticollis.org 1-888-445-4588

EPILEPSY AND SEIZURES

Citizens United for Research in Epilepsy (CURE) **CUREepilepsy.org** 312-255-1801

Epilepsy Foundation epilepsyfoundation.org 1-800-332-1000

HEADACHE / MIGRAINE

National Headache Foundation headaches.org 1-888-NHF-5552 (1-888-643-5552)

Migraine Research Foundation migraineresearchfoundation.org 212-249-5402

HUNTINGTON'S DISEASE

Hereditary Disease Foundation hdfoundation.org, 212-928-2121 Huntington's Disease Society of America hdsa.org

1-800-345-HDSA (1-800-345-4372)

HYDROCEPHALUS

Hydrocephalus Association hydroassoc.org 1-888-598-3789

National Hydrocephalus Foundation nhfonline.org 1-888-857-3434

MULTIPLE SCLEROSIS

MSFriends msfriends.org 1-877-MSFRIENDS

MSWorld msworld.org

Multiple Sclerosis Association of America msassociation.org, 1-800-532-7667



If you have epilepsy, is it safe for you to get pregnant?

How does epilepsy affect pregnancy? Are there additional risks or complications? What effects do antiepilepsy medications have? Should you take supplements? Can you breastfeed?

Here's how to find out

The American Academy of Neurology has published three evidence-based medical guidelines on women with epilepsy and the risks of pregnancy to both mother and child. Summary fact sheets are available that explain in clear terms what women who have epilepsy need to know if they are pregnant or plan to get pregnant.

Go online to **www.aan.com/guidelines**

to read the summary or the complete guidelines.

American Academy of Neurology practice guidelines examine medical evidence on how to best diagnose and treat neurologic disorders. Use these guidelines and patient/family summaries to learn more about:

- Brain injury
- Movement disorders
- Multiple sclerosis

- Child neurology Dementia
- Epilepsy
- · Headache and migraine
- Neuromuscular disorders
 - Stroke



American Academy of Neurology Practice Guidelines Best Evidence ▶ Best Treatments ▶ Best Outcomes

RESOURCE CENTRAL

Multiple Sclerosis Foundation msfocus.org 1-800-225-6495

National Multiple Sclerosis Society nationalmssociety.org

1-800-FIGHT-MS (1-800-344-4867)

MYASTHENIA GRAVIS

Myasthenia Gravis Foundation of America myasthenia.org 1-800-541-5454

NEUROMUSCULAR DISEASES

ALS Association alsa.org 1-800-782-4747

Charcot-Marie-Tooth Association charcot-marie-tooth.org 610-499-9264 1-800-606-CMTA (2682) Moebius Syndrome Foundation moebiussyndrome.com 1-660-834-3406

Muscular Dystrophy Association mda.org

1-800-FIGHT-MD (1-800-344-4863)

Neuropathy Association neuropathy.org 212-692-0662

Spastic Paraplegia Foundation, Inc. **sp-foundation.org** 1-877-773-4483

PAIN

American Pain Foundation painfoundation.org 1-888-615-PAIN (1-888-615-7246)

National Foundation for the Treatment of Pain paincare.org, 713-862-9332

PARKINSON'S DISEASE & MOVEMENT DISORDERS

American Parkinson Disease Association apdaparkinson.org 1-800-223-2732

International Essential Tremor Foundation essentialtremor.org 1-888-387-3667

Lewy Body Dementia Association **lbda.org**

Michael J. Fox Foundation for Parkinson's Research michaeljfox.org 1-800-708-7644

National Ataxia Foundation ataxia.org 763-553-0020

National Parkinson Foundation parkinson.org 1-800-327-4545

Parkinson's Disease Foundation **pdf.org** 1-800-457-6676

Society for Progressive Supranuclear Palsy **curepsp.org** 1-800-457-4777

WE MOVE (Worldwide Education & Awareness for Movement Disorders) wemove.org

212-875-8312

TRAUMA

Brain Injury Association of America biausa.org
1-800-444-6443

Brain Trauma Foundation braintrauma.org 212-772-0608

SLEEP

National Sleep Foundation sleepfoundation.org 202-347-3471

The Neurology Now Books™ Series

or Lisa Shulman, M.D., and Bruce Polsky, CEO of the American Academy of Neurology (AAN) Press, creating the Neurology Now Books series has been a labor of love—and a way of fulfilling the Academy's mission to promote the highest quality patient-centered care. Each title is written with a team of experts who answer patients' most pressing questions. "We really want our books to be empowering," says Dr. Shulman, the series editor. "During my own growth as a physician, I realized that people with chronic illnesses—and most neurological illnesses are chronic—need to be actively involved in their care. When you think about it, how often is your doctor

with you? That's why self-management is so important."

An offshoot of *Neurology Now*, the series will cover topics known to be of interest to *Neurology Now* readers. "We saw that migraine/headache, multiple sclerosis, and Parkinson's disease are three areas of high interest, so we have decided to cover those initially." Dr. Shulman also looks to the expertise of AAN members for inspiration. "For example, one member of the Academy is an expert in smell and taste disorders—both as a doctor and a patient—so our first book, coming out this summer, is called *Take Your Doctor with You: Prescriptions for Problems with Smell and Taste* by Ronald DeVere, M.D. It's really exciting—the book includes lots of recipes and food preparation tips."

In keeping with the patient focus, Dr. Shulman is open to ideas from readers. "What information do you need?" she asks. "What kinds of skills can we discuss that will help you be better manage life with a chronic illness?" Readers can e-mail ideas to neurologynowbooks@aan.com or mail a letter to: AAN Press, American Academy of Neurology, 1080 Montreal Avenue, St. Paul, MN 55116.

NEUROLOGY NOW

TAKE YOUR DOCTOR WITH YO