

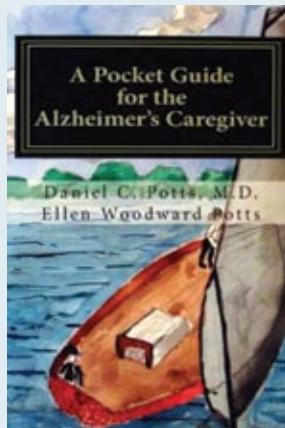


RESOURCE CENTRAL

A Pocket Guide for the Alzheimer's Caregiver

According to the 2011 *Alzheimer's Disease Facts and Figures* report, published by the Alzheimer's Association, almost 15 million people in the United States are Alzheimer's caregivers. So the new book, *A Pocket Guide for the Alzheimer's Caregiver*, by neurologist Daniel Potts, M.D., member of the American Academy of Neurology (AAN), and Ellen Woodward Potts, M.B.A., is a much-needed resource. (Visit alzpocketguide.com for more information and Amazon.com to purchase.) Written by two caregivers, this is a practical, "how-to" manual for anyone caring for a person with Alzheimer's disease.

The book was inspired by Dr. Potts' father, Lester Potts, Jr., who discovered the joy of painting during his journey through Alzheimer's disease. Lester's experience also inspired Dr. Potts to team up with neurologist and AAN member Meril Platzer, M.D., to create "Painting in Twilight: An Artist's Escape from Alzheimer's," held at the David W. Streets Galleries in Beverly Hills, CA, on November 5, 2010. This unique art show, which featured many of Lester's painting, raised awareness of the use of expressive arts therapies to improve quality of life in people with Alzheimer's. To watch a video of the show, go to <http://bit.ly/PottsPlatzerArt>.



Assistance Directory

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

HELP FOR ALL NEUROLOGIC DISORDERS

American Academy of Neurology Web site
aan.com/patients
1-800-879-1960

CaringBridge®
(free, personalized Web sites to support your health journey)
Caringbridge.org
651-452-7940

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

Well Spouse Association
wellspouse.org
1-800-838-0879

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

Association for Frontotemporal Dementias
theaftd.org
1-866-507-7222

AUTISM

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

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



FRAGILE X SYNDROME RESOURCES

For more information on current and upcoming research, patient organizations, and hospital programs devoted to fragile X syndrome, visit:

- ▶ CDC: Fragile X Syndrome: cdc.gov/ncbddd/fxs
- ▶ Conquer Fragile X: conquerfragilex.org
- ▶ Fragile X Association of Southern California: fraxsocal.org
- ▶ Fragile X Program at Boston Children's Hospital:
childrenshospital.org/clinicalservices/Site2242/mainpageS2242Po
- ▶ FRAXA Research Foundation: fraxa.org
- ▶ Genetics Home Reference: Fragile X: ghr.nlm.nih.gov/condition/fragile-x-syndrome
- ▶ Rush University Fragile X Syndrome Clinic:
www.rush.edu/rumc/page-1099918801397.html
- ▶ The National Fragile X Foundation: nxf.org; fragilex.org
- ▶ Your Genes, Your Health: Fragile X Syndrome: ygyh.org/fragx

Global and Regional Asperger Syndrome Partnership
grasp.org
1-888-474-7277

CEREBRAL PALSY

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

DYSTONIA

American Dystonia Society
310-237-5478
dystonia.us
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

Epilepsy Therapy Project
epilepsy.com/epilepsy_therapy_project

540-687-8077

SeizureTracker
SeizureTracker.com
info@seizuretracker.com

HEADACHE / MIGRAINE

American Headache Society Committee for Headache Education (ACHE)
achenet.org
856-423-0043

Migraine Research Foundation
migraineresearchfoundation.org
212-249-5402

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

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

EPILEPSY PHENOME/GENOME PROJECT

The Epilepsy Phenome/Genome Project (EPGP) is a collaborative effort to understand the causes of epilepsy, why people respond differently to medications, and why some families have several people with seizures.

The study is enrolling:

- People with epilepsy who also have a brother, sister, parent, or child with epilepsy -or-
- People with seizures due to Infantile Spasms, Lennox-Gastaut Syndrome, polymicrogyria, or periventricular heterotopias

Please join us to unlock the mysteries of epilepsy!

To learn more about epilepsy and EPGP, please go to:

Epilepsy Foundation:
www.epilepsyfoundation.org/research/epgp.cfm

Epilepsy Therapy Project:
www.epilepsy.com/articles/epgp

EPGP
www.epgp.org
info@epgp.org
Toll-free 1-888-279-EPGP



faces



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— Pat Casey, MS, OTR/R
Department of Neurology at Northwestern Medical Facility Foundation, Chicago, IL

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RESOURCE CENTRAL

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

INFECTIOUS DISEASE

Encephalitis Global
encephalitisglobal.org

National Meningitis Association
nmaus.org
866-FONE-NMA (366-3662)

MULTIPLE SCLEROSIS

MSFriends
msfriends.org
1-877-MSFRIENDS

MSWorld
msworld.org

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

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)

Kennedy's Disease Association
kennedysdisease.org
559-658-5950

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

PARKINSON'S DISEASE & MOVEMENT DISORDERS

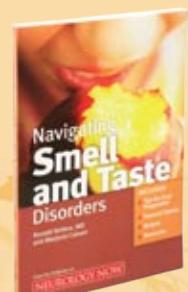
American Parkinson Disease Association
apdaparkinson.org
1-800-223-2732



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Make Sure Your Family Can Taste the Difference.

Over 14 million Americans live with undiagnosed and undetected smell and taste disorders associated with Alzheimer's disease, Parkinson's disease, multiple sclerosis, head trauma, and aging. *Navigating Smell and Taste Disorders* includes causes, treatment options, 36 recipes, and tips for holiday cooking that will make your holiday dinner appealing to everyone.

Available from all major booksellers. For more information, visit www.aan.com/view/smellandtaste.



AMERICAN ACADEMY OF NEUROLOGY

NEUROLOGY NOW BOOKS™

Published by Demos Health

Foundation for PSP, CBD
and Related Brain Diseases
curepsp.org; 1-800-457-4777

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

Lewy Body Dementia Association
lbda.org
404-935-6444

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

The National Amyotrophic Lateral Sclerosis (ALS) Registry

It's Here!
www.cdc.gov/als
(800)232-4636



U.S. Department of
Health and Human Services
Agency for Toxic Substances
and Disease Registry

Lou Gehrig™ licensed by the Rip Van Winkle
Foundation: www.LouGehrig.com

The Signs of Stroke and Transient Ischemic Attack

- ▶ Sudden numbness or weakness of the face, arm, or leg (especially on one side of the body)
- ▶ Sudden confusion, trouble speaking or understanding speech
- ▶ Sudden trouble seeing in one or both eyes
- ▶ Sudden trouble walking, dizziness, loss of balance or coordination
- ▶ Sudden severe headache with no known cause

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

The Parkinson's Institute
and Clinical Center

thepi.org; 1-800-655-2273

Tremor Action Network
tremoraction.org
510-681-6565

STROKE

American Stroke Association:
A Division of American Heart Association
strokeassociation.org
1-888-4STROKE (478-7653)

National Stroke Association
stroke.org
1-800-STROKES (787-6537)

TRAUMA

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

MEDICAL WEB SITES

- ▶ American Academy of Neurology:
AAN.com/patients
- ▶ Brain Talk Communities:
braintalkcommunities.org
- ▶ Caring.com: caring.com
- ▶ Mayo Clinic: mayoclinic.com
- ▶ Medical Library Association:
mlahq.org/resources/userguide.html
- ▶ National Institute of Neurological
Disorders and Stroke: ninds.nih.gov
- ▶ National Stroke Association:
stroke.org
- ▶ Neurology Now: neurologynow.com
- ▶ NeuroTalk:
neurotalk.psychcentral.com
- ▶ Patients Like Me: patientslikeme.com
- ▶ WebMD: webmd.com



LONG-TERM CARE INSURANCE

For information on Long-Term Care Insurance for individuals with **Multiple Sclerosis** or **Parkinson's Disease**, and to see if you qualify, please contact American Insurance Planners Today.

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Not available in all states.