



Living Well with Dystonia: A Patient Guide

Karen Frei MD, Mayank MD Pathak, Daniel MD Truong

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Comprehensive information for patients with dystonia and the people close to them.

You can live well with dystonia. This empowering and encouraging resource and tool, written for both individuals with chronic condition and their families, provides an overview of a variety of dystonias, (including cervical dystonia, spasmodic dysphonia, and writer's cramp) and the breadth of treatment options available, as well as practical advice for improving quality of life.

Written by three acclaimed neurologists, *Living Well with Dystonia* will help you:

- Understand your specific dystonia and how it progresses
- Determine the best treatment approaches
- Alleviate symptoms with rehabilitation exercises
- Address the hidden symptoms such as social embarrassment



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