

**Book Title:**

Chronicles of A Parkinson's Fighter

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Price: RM48**Synopsis:**

My full name is Teo Kim Hoe, also known as Hero Teo in my blog, www.heroteo.com. I am a fighter. Since being diagnosed with Parkinson's in September 2005, I set out on a quest to understand and control my illness in order to learn how to cope with it in my daily life.

Today, at 69 years of age, I am still driving. I visit the gym 6 days a week and work out for at least 2 hours every day. I go overseas frequently for my holidays. Do I look and behave like a Parkinson's patient?

However, my journey with Parkinson's has not been an easy one. The secret is in having the right attitude. With it, comes the discipline to maintain a strict exercise regime to retain my mobility and function. Learning from the personal experiences with the side-effects of medications. And finally, asking questions, questions and questions!

I am very thankful to my Neurologist, Dr. Chew Nee Kong, who is kind enough to provide answers to my wide array of questions about this illness. In this book, my questions are categorised into various easy-to-find chapters, and, together with Dr. Chew's answers, I hope it will become a helpful reference guide for Parkinson's patients and caregivers, and ultimately, encourage Parkinson's patients to lead meaningful and fruitful lives.

Proceeds from the sale of this book are going towards providing financial assistance for qualified Parkinson's patients in Malaysia to undergo Deep Brain Stimulation surgery.

For more information, visit www.lloydtan-trust.com.