

In Clinical Practice

Şerefnur Öztürk

# Neurological Disorders in Clinical Practice

Case Histories for Medical  
Students and Residents

 Springer

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*To my mother who has shaped me.*



# Foreword

This is a delightful book drawn from close observations of an experienced neurologist, looking at the effects of neurological diseases on daily lives. The presentation of the evolution of the conditions to readers is an art, which needs a great deal of compassion and depth of knowledge into the symptoms of neurological dysfunction.

To the general reader it gives the clear impression of the impact and consequences of early and late symptoms as well as ways of coping with and treating various conditions.

To medical students, it is a delight to read as it provides an excellent start on the long road ahead, on how to understand and empathize with their patients and their families.

To the medically qualified non-neurologists, there is a feel of what it is like to have a neurological condition and the effects of that on daily life. The reader will appreciate the subtleties and at times devastation inflicted by neurological diseases.

To the neurologists whether they are in training or in practice, it is an excellent reminder of what their patients experience in their daily lives. It is a great reminder to all to not put labels on individual patients. What these well-described narratives tell us is that not all those with say epilepsy or Parkinson's are the same, but they are totally different individuals who will need to be managed individually.

Professor Şerefnur Öztürk has captured all the presentations and dealt with management of major neurological conditions in a manner of a narrative relating to daily experiences,



which gives all readers the chance to better understand the essence of neurology. For that she is congratulated.

Raad Shakir, MBChB, MSc, FRCP, FEAN  
President of The World Federation of Neurology  
London, UK  
July 2015

# Preface



PROF. ŞEREFNUR ÖZTÜRK

The history that will be elicited from the patients and relatives of the patients is of great significance in the diagnosis of neurological diseases. Every doctor, every neurologist in particular, must be a good detective at the

same time. The clues included in the histories of patients may often be more useful and guiding than sophisticated tests and examinations that will be conducted. The neurologist must also be a good listener. The patient needs to be investigated and evaluated within their entire social and physical environment. This is very important in both diagnosis and follow-up of treatment and at the same time will prevent the patient from being perceived as just a hospital file number. Understanding the individual's place and roles at work, in the home, in the family, and in the circle of friends will greatly influence the approach to the diagnosis of the disease and the process of examination, treatment, and follow-up. It must always be remembered that the patient is a spouse, a mother, a son, or a friend. These emotions are expressed in images designed by an artist.

In this book, while I was writing about the neurological processes which patients experienced and which are commonly observed in neurological practices, I made a special effort to present the personal characteristics, as well as home, workplace, family, and social circle characteristics in the histories of each patient by creating small-scale real-life stories. I intended to have each patient evaluated as a beloved mother, an admired friend, or a young person with ideals and thus create feelings of empathy towards him or her. In this way, I tried to ensure learning of neurological symptoms and findings, which appear affecting the lives of individuals in real life, in a more permanent and systematic manner. These stories bear traces from all of my patients and are a sum total of the impressions they have left on me. I made an effort to be able to convey what I have learned from my patients to my students and my colleagues.

I would like this book, which also bears a sentimental value for me, to serve as a useful tool in learning the symptoms of neurological diseases.

As Sir William Osler put it, "Listen to your patient; he is telling you the diagnosis."