

OS42 Final Project Annotated Bibliography

Billie Wynn

Beck, James. "Helping Parkinson's Patients with Depression." *Psychology Today*, Sussex Publishers, 5 Apr. 2018, www.psychologytoday.com/us/blog/understanding-parkinsons/201804/helping-parkinson-s-patients-depression.

Helping Parkinson's Patients with Depression is an article that focuses on the mental health of Parkinson's patients and their families. It discusses the development of depression that is prominent among many patients, diagnosed with Parkinson's. It expresses the importance of educating patients on their mental health.

I think this article is well-written and helpful. It is a good length and credits all sources used. This makes it not too overwhelming but also very informative.

I used this source to discuss the effects disease has on a family. Specifically in the second paragraph:

"While depression in Parkinson's most directly affects the patient, it also touches the family, friends, colleagues, and more—all of whom will experience, to varying degrees, consequences of the condition. Improved mental health is extremely important to all, with research showing that 'taken together, mood, depression and anxiety have the greatest impact on health status, even more than motor impairments commonly associated with the disease" (The Parkinson's Foundation Parkinson's Outcomes Project)."

"The Emotional Toll of Chronic Disease." *Good Days: Effective Compassion*, 22 June 2014, www.mygooddays.org/blog/emotional-toll-chronic-disease/.

The Emotional Toll of Chronic Disease discusses the emotional quality in one's life-span. Most people only care about the amount of life they have to live but in the article, the quality of life is emphasized. It is addressing the importance of psychological/mental health for someone diagnosed with a chronic disease.

It includes great examples of people's perspectives that suffer from disease. The article is not too repetitive and has great information.

I used two quotes from this article. One focusing on the aspects of sickness that doctors don't always aid and the other exploits the struggles of being sick on a psychological level:

"As a society, we need to focus not only on increasing the span of human life, but the emotional quality as well. In patients living with chronic diseases, helplessness, dependency, coping, and pain are often part of everyday life."

"My body image and self-esteem eroded and I believed myself 'disabled' to my core. It was extremely difficult to look at myself in the mirror. In conversation, I couldn't make eye contact. I felt what I had to say was worthless."

Mayo Clinic Staff. "Parkinson's Disease." Mayo Clinic, Mayo Foundation for Medical Education and Research, 30 June 2018, www.mayoclinic.org/diseases-conditions/parkinsons-disease/symptoms-causes/syc-20376055.

The Mayo Clinic has created a page about Parkinson's on their website. It includes an overview, symptoms, causes, risk factors, complications, and preventions. All the information has been collected by Mayo Clinic Staff.

It is organized in sections that make it easy to find the information you need. It is all factual and provides an objective record of what Parkinson's is and does. It doesn't include anything about mental health.

I used this website to introduce symptoms of parkinson's. It also brings up the fact that no cures have been found for Parkinson's yet.

"Although Parkinson's disease can't be cured, medications might significantly improve your symptoms. Occasionally, your doctor may suggest surgery to regulate certain regions of your brain and improve your symptoms."

"Melatonin: Uses, Side Effects, Interactions, Dosage, and Warning." WebMD, WebMD, www.webmd.com/vitamins/ai/ingredientmono-940/melatonin.

This website includes an informative page on what Melatonin is. It offers how it works, other names for it, and an overview of what it is.

This website manages to include references and links them to specific words. It is nicely organized and lengthed.

I added this website to offer some background on what Melatonin is. I mentioned it in my script, *"Melatonin, a small 5 mg pill that aids humans to shut down from reality. That is the supplement that will help him manage this? I want him to stay awake with me. To stay breathing with curiosity and vigor."*

“Page 36.” Marlene Dumas - Intimate Relations: Iziko South African National Gallery, Cape Town, 7 November 2007-13 January 2008 ; The Standard Bank Gallery, Johannesburg, 5 February - 29 March 2008, by Marlene Dumas, Jacana Media, 2007, pp. 36-36. “I have not come to propagate freedom. I have come to show the disease symptoms of my time. I am a good example of everything that is wrong with my time.”

Intimate Relations is a book that contains a close look at Marlene Dumas’s life and art. It is compiled of many essays by other artists and words from her curator, regarding Dumas and her perspectives on the creative world.

The book touches on a side of Marlene Dumas that many may not know. There is a ton of information that is rare and insightful about Dumas.

Specifically on page 36, her life in South Africa is discussed. In her piece, “Evil is Banal,” she compared Nazi and Apartheid strategies. She wrote a beautiful poem on what it is like to be a witness of painful and discriminatory scenarios.

“I have not come to propagate freedom. I have come to show the disease symptoms of my time. I am a good example of everything that is wrong with my time.”