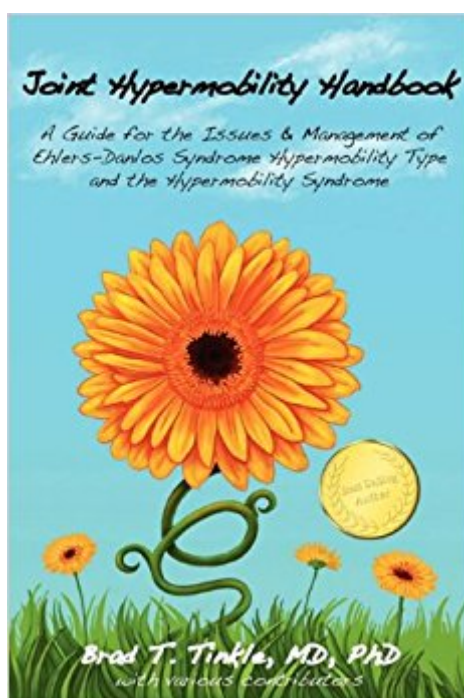


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# Joint Hypermobility Handbook- A Guide For The Issues & Management Of Ehlers-Danlos Syndrome Hypermobility Type And The Hypermobility Syndrome



## Synopsis

As a followup to his previous best-selling book, "Issues and Management of Joint Hypermobility: A Guide for the Ehlers-Danlos Syndrome Hypermobility Type and the Hypermobility Syndrome," Dr. Tinkle has created this handbook with several contributors to expand insights into the understanding and management of Ehlers-Danlos Syndrome Hypermobility Type and the Hypermobility Syndrome. Dr. Tinkle has received many accolades for his ability to take a complex condition and make it understandable in everyday language: "...provides a wealth of information about the natural history, and physical and medical management... It should be of great value to patients." - The American Journal of Medical Genetics Reader comments... "...a useful tool in helping me obtain the type of care I need to manage my disorder..." "This book is simple but not oversimplified. It is an excellent basic resource, giving a clear, concise, and useful overview for those (like myself) who live with hypermobility." "Super book for EDS! Finally a book that everyone can understand." "...thoroughly explores the problems associated with EDS-HM. It is a relief to realize that it is not just me..." "...a tremendous service for the health care community and the families and friends of those diagnosed or not yet formally diagnosed folks with EDS-HM... joy and clarity in reading the very 'easy to read' text chapters detailing out the impact of EDS-HM..." In addition to the wealth of positive reviews, Dr. Tinkle's previous book on the same subject was a best seller in several categories: *Genetics* *Medical Genetics* *Orthopedics* *Family and General Practice* Brad T. Tinkle, M.D., Ph.D., is a clinical and clinical molecular geneticist at Cincinnati Children's Hospital Medical Center (CCHMC). He specializes in caring for individuals with heritable connective tissue disorders such as Ehlers-Danlos syndromes, Marfan syndrome, osteogenesis imperfecta, and achondroplasia among the many.

## Book Information

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## Customer Reviews

Dr Tinkle is a rare gem in the CTD world. Those of us with a Connective Tissue Disorder know how difficult it is to find a physician who is truly informed and engaged in up to date, appropriate treatment for these conditions. Dr Tinkle is amazingly available to his patients and truly cares about each individual he sees. In this book, basically a revised & expanded version of his first book, Dr Tinkle explains the head to toe issues experienced by an Ehlers Danlos patient. This condition, so unknown to most, is debilitating, excruciatingly painful, and very difficult to treat. Dr Tinkle makes the complexities of EDS much more understandable for those of us without a medical degree. This book is an EXCELLENT resource for the newly diagnosed, or veteran EDSer who just wants to learn more. However, its most valuable use by far is as a learning tool for the Family Doctor who finds themselves treating an EDS patient. So few General Practitioners know anything about EDS beyond "Hypermobility, with stretchy skin" that EDS patients find themselves frustrated and unable to get proper pain management and care. I highly recommend that all EDS patients carry a copy of this to their GP and urge them to read it. This book is amazing, thank you Dr Tinkle!

Wow ~ what can you say about Dr. Brad Tinkle that hasn't already been said here. Well I'll share a bit. I purchased his first book right in the middle of a terribly frightening time in my life ~ experiencing the new onset of significant pain in nearly every joint in my body in my 5th decade of life...postoperatively. Post-operatively in a new way - two artificial knees - and in an old way - 3 year old hips. Burning my way through that book ~ had the light go on in a huge, huge way ... & I began my quest for diagnosis of some type of connective tissue disorder. The diagnosis of Hypermobility Syndrome was forth-coming & Dr. Tinkle's book shed so much light I actually would fall asleep at night with the book right by my side as I would read & reread to learn. Through the book I began to gain in small steps some appropriate medical care. Granted I drove everywhere to get it ~ and even endured the age-old, "get counseling ~ it can help fatigue" - while trying to ignore side-long glances. Yet I persevered because I KNEW Dr. Brad KNEW what he was talking about. He was my light at the end of the tunnel. I gave the book to my doctors and happily some took it most willingly (they chuckled and thanked me for not highlighting it all up with, "see? that's me!" "see again? this is me!" - as I admitted I was tempted to do! Next I discovered this newest book was published & I bought

two copies....one for myself....and the other for 'who knows who' as I am relocating and need to begin again the process of building my team of clinicians to aide me in dealing with Hypermobility Syndrome. I wondered how in the world any book could improve on the first.. I no longer wonder! This book again spells out in decided detail all of the reassurance you the reader seek ~ to be validated by a highly esteemed professional - Dr. Tinkle - in your experience as an EDS-HM or Hypermobility Syndrome patient. The book goes in depth to a greater degree with some of the pertinent clinical findings a clinician (or even patient) can find on exam and in diagnostic testing and patient history. It then discusses further some possible road maps for the patient/caregiver/doctor team to navigate for better outcomes in dealing with the varied difficult (albeit common) issues such as chronic pain & disability. Additionally the book traverses the reality of symptoms as they impact all the various age groups in life with EDS-HM/Hypermobility Syndrome. It becomes easy to see how early diagnosis can directly impact lives for the better -- maintaining wellness to the greatest extent possible armed with knowledge - is so much better than having four artificial joints beginning in your forties in utter ignorance. Another service that is not to be minimized is Dr. Tinkle's expressed opinion on Hypermobility Syndrome being of the same animal perhaps as EDS-HM. Too often Hypermobility Syndrome or the dreaded 'Benign Joint Hypermobility Syndrome' diagnosis is met with random disbelief, accusation, or frank, "So What". It's never comfortable to be dismissed ~ most especially when in pain and striving to attain the help and treatment you deserve to live your best possible life. Only in sharing the beginning words of "I have Ehlers-Danlos Syndrome....." would any medical practitioner begin to pay attention ~ sifting through what they read or recalled back in college or medical school. This was good news as I then would launch into my notion of having a 'variant' of it perhaps - Hypermobility Syndrome and offer Dr. Tinkle's book to them for further reading & expert knowledge. I began my process of achieving better wellness on the foundation of what Dr. Tinkle has made available to everyone in the writing of this newest book and his first. I simply and humbly wish to thank him for pioneering in this fashion...I cringe to think where I'd be today if it weren't for this helpful writing and encourage you to read either one, or better - both. For anyone who may have EDS-HM or Hypermobility Syndrome and feel you need a 'voice' as you self-advocate ~ I sense Dr. Tinkle is truly present for you and with you through these pages.

This is a technical book, that has a great deal of information--but is put together in a way that is confusing to read and filled with so many references, that often the information gets lost in the acknowledgements. Hasn't Dr. Tinkle hear of footnotes? It may be the history writer in me, but I wanted to reorganize the chapters so that they could be read and understood easily. Using an index

to locate a topic quickly when you go back to the book, would also be helpful. I believe a good editor would have made this book more readable, and much easier to understand. I would also like to see a more readable and larger font, with the printing further from the binding side of the book. Those are all technical, correctable glitches. The book is full of useful and pertinent information--from making sense of the various type of EDS-HM, to how to talk to doctors, many of whom must have slept through that 15 minutes of lecture at medical school, about the disease. Those of us who have this in our lives are often in mental pain, without doctors, loved ones, and employers, not "getting it." Dr. Tinkle has put, in normal language, the uniqueness of people who can bend fingers to forearms, touch tongues to noses, and link an arm to an arm behind their back, without losing sight of the fact that such amazing little parlor tricks have painful and long-lasting consequences. If you have this disease, this book is well worth plodding through, and gleaning the MANY available facts.

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