



Narcolepsy: A Clinical Guide

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Narcolepsy serves as a prototype of how the interaction of high quality clinical research and groundbreaking basic science can collaborate to define the cause of a disease and change forever how we evaluate and treat it. There is scarcely a topic in this book that would have been covered in the same way 10 years ago as it is discussed today. We are also fortunate that many of the players in this dramatic turnaround have contributed to this volume, so that the result is a tapestry of the events that have transformed the field over the last decade that is both authentic and detailed. The first section of the book provides much of the basic science background. As described in the first two chapters, the dramatic convergence of lines of evidence from two different laboratories first demonstrated in 1999 that narcolepsy is a disease of loss of neurotransmission by lateral hypothalamic neurons making the peptides that have been called orexins or hypocretins. These findings did much to clarify and unify a field that had puzzled for decades over the fundamental nature of this puzzling disease, as reflected in the chapters that review its epidemiology and neuroanatomical and imaging findings.

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