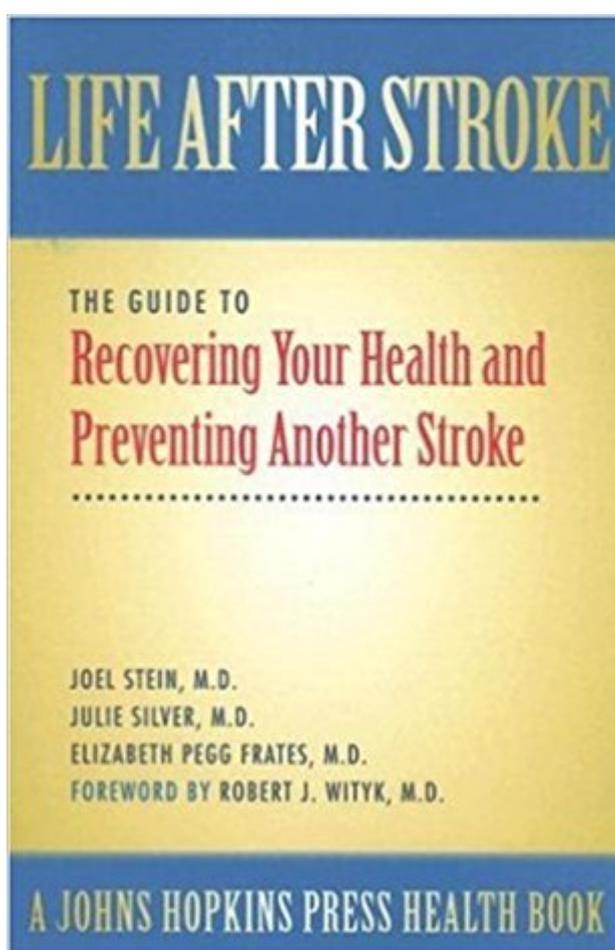


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# Life After Stroke: The Guide To Recovering Your Health And Preventing Another Stroke (A Johns Hopkins Press Health Book)



## Synopsis

In this compassionate guide, three expert physicians who treat people with stroke describe how to navigate the path to recovery. Their practical advice on treatment, rehabilitation, and lifestyle changes is also designed to help prevent another stroke. Drs. Stein, Silver, and Frates begin by explaining how stroke occurs and what happens when different parts of the brain are injured. They describe diagnostic tools such as CT scans and MRIs as well as medications used to prevent and treat stroke, and they explain in detail how stroke survivors can heal optimally. They also set out plans to help survivors reduce the risk of another stroke, including the Stroke Savvy Exercise Plan and Stroke Savvy Diet Plan. Relating patients' experiences and bringing readers up to date on promising new treatments, *Life After Stroke* offers hope to stroke survivors and their families.

## Book Information

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## Customer Reviews

"Clear, concise and a joy to read because it's easy to understand. More importantly, it could save your life." (Mary Beth Regan Baltimore Sun)"The book explains the importance of understanding the differences among strokes, and offers advice on treatment, rehabilitation, and lifestyle changes that will help prevent a recurrence." (Susan Chaityn Lebovits Boston Globe)"Designed to help readers understand what causes stroke and how it impacts survivors and their families." (M.D. News)"Case history experiences blend with tips and discussions and of the latest and possibly forthcoming new treatments, offering families and survivors a positive survey." (Midwest Book Review)"Compassionate guide." (Stroke Connection Magazine)"An excellent resource for people

with stroke, their loved ones, and any one interested in stroke recovery and prevention." (Forence A. Denby, MS Doody's Review Service (3 stars))"A book about strokes might seem tiresome, but Life After Stroke has a heart and soul of its own... an excellent tool for nurses who work with stroke patients." (Terry Ratner, RN, MFA Nursing Spectrum)"Very readable and engaging... a good reference source for nonprofessionals" (Victor A. Colotla PsycCRITIQUES)"Unique in its focus." (The Sharon Advocate)"Clear, concise, and a joy to read because it's easy to understand. More importantly, it could save your life." (Mary Beth Regan The Sun Archive)"An invaluable resource for survivors and their families." (AAP Newsletter)"This book may help you navigate the sometimes confusing corridors of medicine to empower you to take control of your health or that of your loved one. Read it and learn, and then discuss it with your physician. Between your involved interest, what you discover here, and your doctor's expertise, your or your loved one's recovery lies in very good hands indeed." (Robert J. Wityk, M.D., from the foreword)

Joel Stein, M.D., is the chief medical officer at the Spaulding Rehabilitation Hospital in Boston, Massachusetts, and associate professor in the Department of Physical Medicine and Rehabilitation at Harvard Medical School. Julie Silver, M.D., is an assistant professor in the Department of Physical Medicine and Rehabilitation at Harvard Medical School. She is also a medical director at the Spaulding-Framingham outpatient center. Elizabeth Pegg Frates, M.D., is a clinical instructor in the Department of Physical Medicine and Rehabilitation at Harvard Medical School.

Excellent and comprehensive book on stroke for either stroke patients or caregivers. Intelligently written, yet not over burdened with over technical terms. I would highly recommend to those who have an interest in stroke cause and recovery, especially those who are working their way through their own recovery.

Lots of facts and general information about different types of strokes and what to expect and why.....great overall book to help anyone understand including health care professionals as well as those affected by stroke & their caregivers.....m

It is good.

Great information

Lots of good information

Good book

i will come next time . just fine. he love it, just OK . Love this product! It's a gem! I never realized cutting veggies could be so easy. Disclaimer I've never had nice knives before so I'm not sure what I'm comparing it to. I just know I'm happy!

What a great book! Easy to read and understand....very informative and jam packed with great info on how to avoid a stroke and live a healthy life!! Even if you've never had a stroke, this book is worthwhile.

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