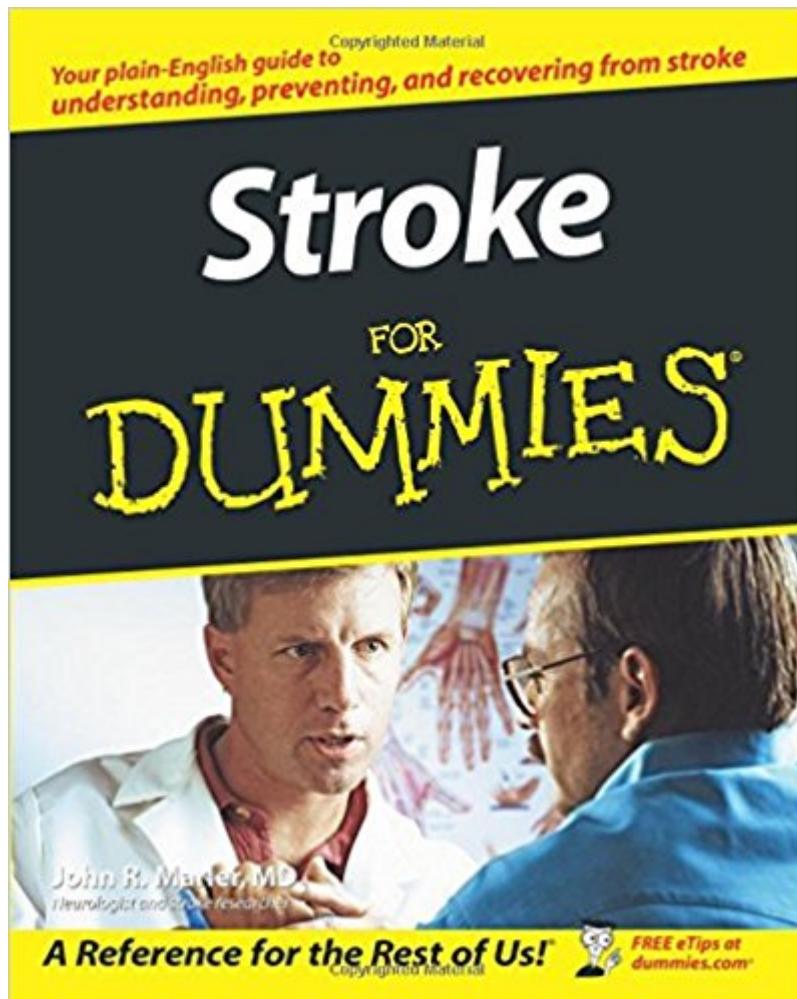


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# Stroke For Dummies



## Synopsis

Features tons of advice for recovery and rehabilitation Get the latest on the symptoms, diagnosis, and treatment of stroke Have questions and concerns about strokes? This reassuring guide provides invaluable information for stroke victims and their loved ones, from what a stroke is and what it feels like to proven treatments and therapies. You'll see how to implement a plan for preventing stroke, treat the lingering effects of stroke, and maximize home caregiver effectiveness while minimizing fatigue. Discover how to: Understand what causes different types of stroke Recognize warning signs Get the most out of doctors and hospitals Speed recovery with the best treatments Help prevent future strokes Decide the best living arrangements after stroke

## Book Information

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## Customer Reviews

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John R. Marler, MD (Bethesda, Maryland), a board-certified neurologist and stroke researcher, is

Associate Director for Clinical Trials at the National Institute of Neurological Disorders and Stroke. He is a fellow of the American Stroke Association and recipient of the association's Feinberg Award for Excellence in Clinical Research. He has been administering clinical research in stroke since 1984. He completed his neurology residency training at Mayo Clinic in Rochester, Minnesota and graduated from West Virginia University Medical School in Morgantown, West Virginia.

This is an excellent book for anyone wishing to prevent a stroke, either in himself or a loved one. It's not just for dummies. It is an authoritative volume with 350 pages of information. Topics discussed are; types of stroke, preventing a stroke, treating a stroke and living with a stroke. It was written by Dr John R. Marler M.D., neurologist and stroke researcher. It seems that stroke can be prevented, if only we know how. The methods are similar to those to prevent a heart attack or heart disease. Diet, exercise, lifestyle changes and drugs are his preferred methods. Alcohol and smoking are contributing risk factors for stroke. However, little mention is made of what sort of diet might be employed, save one with quantities of fruits and vegetables. No mention is made of fish oil, antioxidants or supplements of any kind. For this being a 2005 book, this is odd. Nevertheless, there is much pertinent information in this book that most people are not aware of. I would recommend reading it as it just might prevent someone from having a stroke.

This book addresses the many issues that confront a stroke victim from causes to treatment. It explains the mechanics of a stroke in clear, precise terms. If you are a caregiver or loved one of a stroke patient, this book will help prepare you to deal with him/her as well as your medical team. The usual glib humor often found in the "Dummies" series is replaced by a knowledgeable, compassionate voice in this volume. Thank you John R. Marler for a helpful guide. It has made dealing with my loved one's condition more manageable.

informative about something we'd rather not be experiencing written by a clinician and stroke researcher.

The whole "...for Dummies" series is great reference material, and this book is no exception. If you find yourself in the unfortunate circumstance of having to learn "ALL" about the subject of stroke, then buy this book! The information in it not only addressed many of my family's concerns, but also anticipated the struggles we fumbled towards. The chapters on what happens when the patient must leave the hospital were especially helpful. At such an uncertain and overwhelming time, one

needs reliable information which is easy to grasp. Reading *Stroke for Dummies* was like listening to a wise friend dispense trusted advice.

Bought this for my father in law who recently had a stroke. He is a blue collar individual who does not read so this was a good find. I have been told that it is easy to understand and very helpful for those individuals who don't want to earn a medical degree but want a better understanding of what to expect.

My 82 year old mother had a stroke and I ordered this book for my dad to help him understand the process of what she is going through. He has raved repeatedly about the book. It is written in terms that anyone can understand. It's a great book! Thank you to the writers.

Very important information for stroke patients and their caregivers. Presented in plain English, with amusing anecdotes that make the reading pleasant as well as informative.

I bought this book after my mother had a stroke. I wanted to know what to expect. This book explains everything in plain language. My mother did fairly well and made it through rehab. But, as expected, my mother eventually died of a second stroke, in her own bed, in her sleep. This experience and this book have inspired me to get in better shape.

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