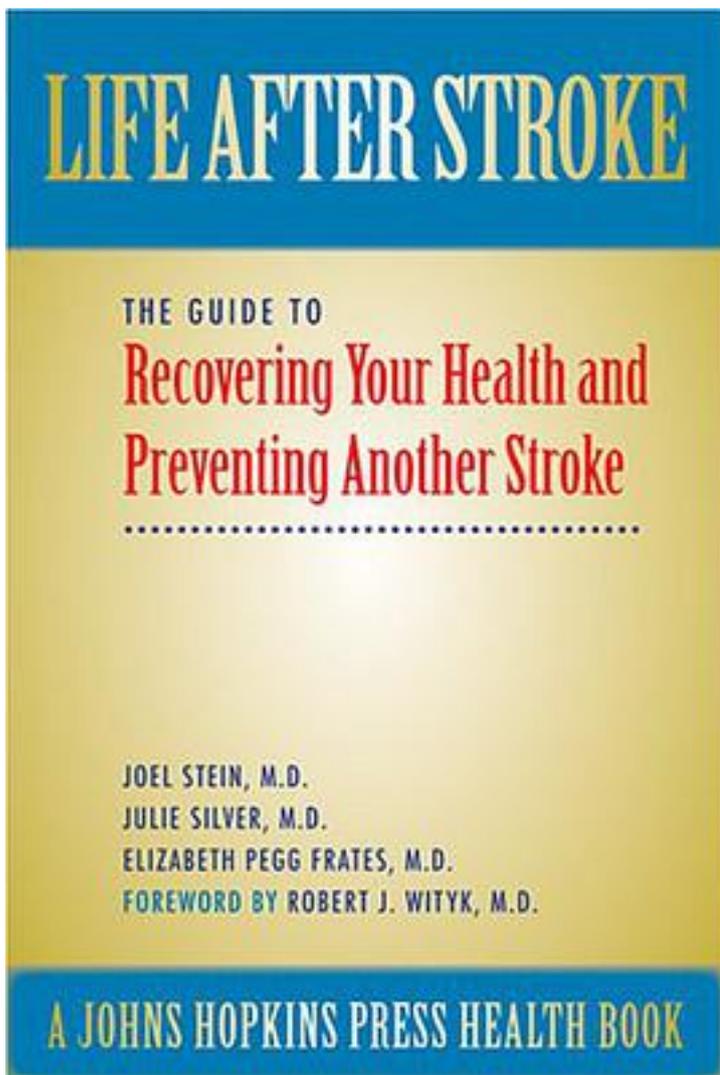


# Life After Stroke



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出版者:Johns Hopkins Univ Pr

出版时间:2006-4

装帧:HRD

isbn:9780801883637

If you or someone you love has had a stroke, you understand that after a stroke, a person has many questions: "What is a stroke, and why did I have one?" "How can I best recover from my stroke?" "How can I make sure this never happens to me again?" Every 45 seconds someone in this country has a stroke; this means that about five million stroke survivors in the United States are facing these questions and a host of emotional and physical and practical challenges. As medical specialists treating and caring for stroke survivors, Drs. Stein, Silver, and Frates understand these challenges; they wrote this book to help people recover as fully as possible after having a stroke and to explain all of the different things a person can do to prevent a stroke or a recurrent stroke. They explain what a stroke is, how it occurs, and what kinds of injuries it can cause--and they explain all about stroke recovery. They carefully focus on how stroke survivors can work with their doctor to lower their risk of a future stroke, including taking medications and altering their lifestyle. They look at stroke research that will provide better treatment options in the future, and they offer a relatively simple plan for taking control in preventing stroke or recurrent stroke. This book, then, is for anyone whose genetics, physiology, or lifestyle make them susceptible to stroke--in other words, every one of us. It will be especially helpful to people who have already had a stroke and who understand the importance of taking steps to avoid another one. From the Foreword, by Robert J. Wityk MD, Department of Neurology, The Johns Hopkins Hospital: "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."

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