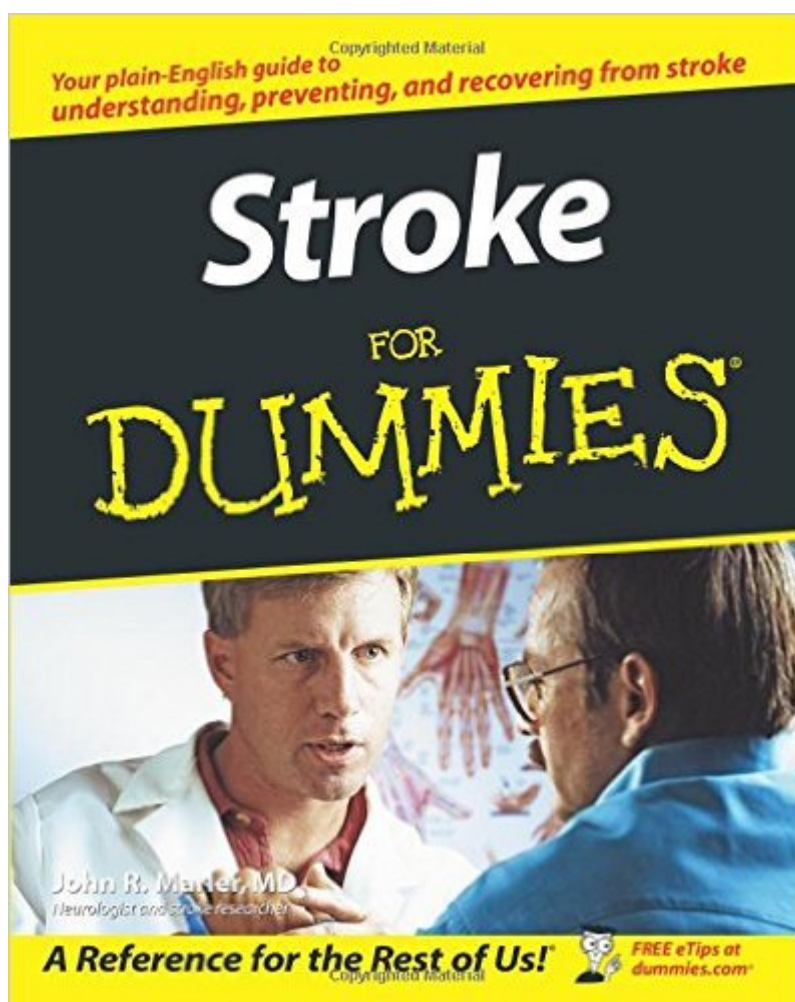


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# Stroke For Dummies



## 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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Average Customer Review: 4.7 out of 5 stars Â Â See all reviews Â (25 customer reviews)

Best Sellers Rank: #342,599 in Books (See Top 100 in Books) #29 in Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Strokes #290 in Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System

## Customer Reviews

I got this book late in the game. I wish I would of gotten this book when my husband's stroke first happened. it explains things pretty good. from when a stroke 1st happens to all the stuff afterwards. another good book is High Blood Pressure for Dummies. A site to go to for support is strokeboard.net - lots of great people to talk to.

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.

If I do have a full sized for real stroke this is the book I would want to own. It is extremely well written and covers the topic in depth and with authority, I chose the book because I suffered a mini stroke or TIA a few weeks ago. The chapter on this topic was very good and I came away with a deeper understanding. However, I was unable to find information on the fatigue I was feeling...which I understand is common to 40 per cent or more of people who have had a mini stroke,

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.

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.

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.

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.

Was very helpful after several strokes in the family. Need to learn what it was all about. I like the Dummies series to get up to speed on a new subject. Once you have a working knowledge, more technical books are easier to understand.

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