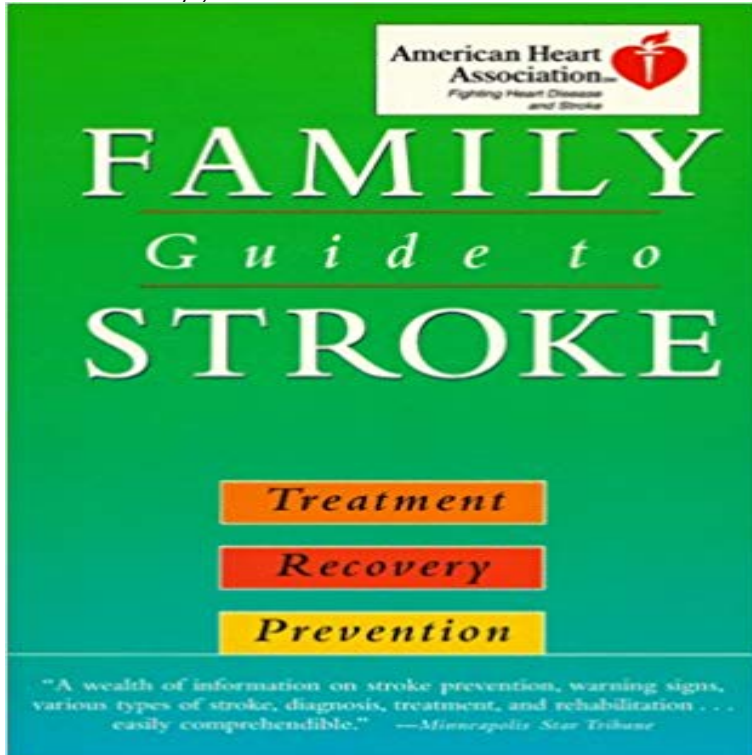


# American Heart Association Family Guide to Strokes: Treatment, Recovery, Prevention



If you or someone you know has had a stroke, you need information. The American Heart Association Family Guide to Stroke will give you the facts you need to make the most informed health-care choices. It will also give you the confidence and reassurance that there is a lot you can do to recover from this devastating event. The American Heart Association Family Guide to Stroke explains all the exciting new developments in treatment, recovery, and prevention. In clear, accessible language, it discusses the causes of stroke, those at risk, the warning signs, and how stroke is diagnosed. It offers practical guidance on coping with life after stroke, in both the short and the long term, and reviews the most up-to-date medical treatments and rehabilitation techniques that can help stroke survivors get a fresh start. This reassuring sourcebook will help you:-- Spot the five warning signs of a stroke -- and get immediate medical aid to improve the chances of a full recovery-- Find out whether you're at risk for a stroke and change your lifestyle to help prevent a first or second stroke-- Receive the most effective and up-to-date treatment available, including medications, surgery, and psychological counseling-- Get the most out of rehabilitation in the hospital and at home-- Involve the whole family in coping with the physical and psychological issues of recovery-- Tap into a support network of resources for stroke survivors and their families.

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