



Stroke (The Facts)

Richard I Lindley

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Stroke is a common cause of disability and the third commonest cause of death but it fails to attract much public attention. This book seeks to redress the balance by describing who is at the most risk of stroke and why. Anyone can have a stroke, but why is it mainly a disease of older age? Why do babies and children get strokes? What should we do for suspected stroke? How should stroke be treated and perhaps more importantly, how can we all make changes to our lives to prevent this happening to ourselves and our family.

This guide features all the facts you need to understand why strokes occur and how to prevent strokes in the future. For those living with strokes the author looks at the most common problems and provides the most reliable solutions. This book will be of great interest to those who have had a stroke or Transient Ischaemic Attack, and for those who worry about having a stroke.

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From reader reviews:

Teresa Howard:

Playing with family in the park, coming to see the sea world or hanging out with friends is thing that usually you may have done when you have spare time, subsequently why you don't try thing that really opposite from that. One particular activity that make you not feeling tired but still relaxing, trilling like on roller coaster you have been ride on and with addition associated with. Even you love Stroke (The Facts), you could enjoy both. It is good combination right, you still would like to miss it? What kind of hang type is it? Oh occur its mind hangout guys. What? Still don't get it, oh come on its known as reading friends.

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Meredith Butler:

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