



Stroke Diaries: A Guide for Survivors and their Families

Olajide Williams MD

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A woman recounts the horror of waking up paralyzed, unable to call for help. A man has a mini-stroke and refuses to listen to his doctor, only to suffer a disabling stroke soon after. A physician recalls watching a tiny baby in the throws of a stroke, convulsing violently. A survivor rejoices after finally crossing the street before the pedestrian lights change back. Blending such highly personal and moving stories with crystal clear medical commentary based on first-hand clinical experience, Dr. Olajide Williams demystifies this potentially devastating illness and provides a roadmap to recovery. Indeed, Dr. Williams shows that the majority of strokes are not only preventable, but also treatable. Through compelling stories of patients, survivors and caregivers, woven together by easy-to-understand medical explanations, Dr. Williams provides practical tips on preventing strokes with specific lifestyle prescriptions, on recognizing the different forms of strokes, on managing symptoms after stroke, and on overcoming the psychological burden of stroke. He also reviews the new clot-busting treatments, which have dramatically improved the recovery rate of stroke victims. Combining cutting-edge medicine with the gripping stories of patients, survivors, family members, and physicians, Stroke Diaries strikes a blow against the current public health crisis in stroke.

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