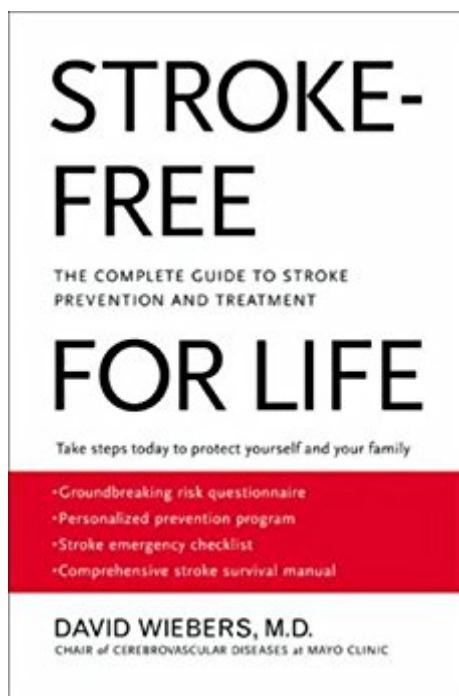


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# Stroke-Free For Life: The Complete Guide To Stroke Prevention And Treatment



## **Synopsis**

No matter what your age or your family and medical history, you can take steps to prevent debilitating strokes. And you can start today. No one plans to have a stroke, but too many people think that avoiding them is impossible. Written by the director of the Stroke Research Center at Mayo Clinic, this book helps you determine your risk for stroke and offers you a personalized prevention program based on your own risk profile. This book is the first of its kind to offer such thorough information about our nation's #1 disable and #3 killer. Based on decades of research, Dr. Wiebers shares crucial information you need to know, including: The six different types of stroke Simple dietary changes that can help prevent stroke Common heart conditions that are little-known stroke risk factors Where to get the best treatment during a stroke You and your loved ones don't have to live in fear of suffering strokes. This book gives you specific, positive steps to reduce the risk of stroke and to help you lead a more healthy, balanced, and enjoyable life.

## **Book Information**

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## **Customer Reviews**

Don't be misled by the date on the Kindle page, this book was published in 2001 and most of the

information in it is extremely out of date. The discussion of many drugs cited was very inaccurate in view of what we now know. The dietary advice recommends a diet now known to be worthless for improving cardiovascular health. The discussion of blood pressure is downright quaint. Even worse, the whole point of the book is that you are supposed to take a long survey and then read appropriate sections. But the Kindle formatting makes it impossible to even read the survey as it shows up as tiny illustrations that cannot be made larger by clicking on them. A total waste of time!

Wiebers provides information of varied quality. Most of his information is typical of oft-repeated advice on how to lessen the risk of being a victim of a stroke. For instance, he suggests that high meat and fat contents in the diet are a major factor leading to stroke. Unfortunately, Wiebers also repeats some myths about low-carb diets (pp. 189-190). For instance, he suggests that high levels of carbohydrates in the diet are necessary for proper brain function. In fact, as shown by Atkins decades ago, the brain needs only some 15 grams of carbohydrate a day, and this amount is virtually impossible to avoid even in a very strict low-carbohydrate diet, as is typical of the Atkins Induction Phase. All strokes are not the same. Wiebers tells how different strokes are treated in the hospital. He also points out that about 5% of us have intracranial aneurysms but, fortunately, few of these ever rupture.

Granted, I didn't read this book so much as skim through it. But I did notice that the doctor author really wrote a well-rounded book on the topic of strokes. In an easy-to-read manner he explains the different kinds of strokes and spends a lot of time on prevention: diet, exercise, and even includes recipes! At the beginning of the book he encourages the reader to take a painless survey to see one's risk factor for different kinds of stroke (I did not know there were so many). Happily for me I found out that my risk is extremely low--thus the skimming through the rest of the book!

Most of the tips in here are common-sense diet and exercise recommendations. Good relaxation techniques, and information about the causes of stroke. Not a guarantee - some things are genetic, and there are other factors, so I might have named the book: "Hopefully Stroke-Free for Life".

Downloaded to my kindle. I tried to take the test about the odds of having a stroke and the book refers you to pages for answers but the kindle version does not show page numbers so not able to take the test. ^-

I bought this book because I was actually interested in the information it supposedly contained. However, due to formatting or some other issue, the risk assessment was completely unreadable, which made the rest of the book basically useless since the risk assessment results were needed to determine what one might do to avoid a stroke. This was a complete waste of money and really quite frustrating.

Comprehensive and easy to understand. Provides the information and tools you'll need to minimize your chance of getting a stroke, including healthy recipes.

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