



# When Lightning Strikes: An Illustrated Guide To Stroke Prevention And Recovery

*Dr Valery Feigin*

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Four out of five families will have a member affected by stroke - this is the book you need when it's your family. At any one time, 80 million people are living with the aftermath of stroke, with 13 million new victims every year. the good news is that stroke is highly predictable and can be prevented in 85% of the population, with effective treatments now able to substantially improve stroke outcomes. In a world-first, leading stroke specialist, Dr Valery Feigin, provides a fully illustrated handbook for stroke victims, their family and carers, with clear, concise explanations of what stroke is and how it can be prevented and managed, with practical step by step guidelines for in-home care of stroke patients. With his help you will:

- Understand what stroke is
- Determine and manage your risk of stroke
- Know what to do when stroke occurs
- Understand the aftermath of stroke
- Learn how to care for a stroke patient at home

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