PREVENTING

STROKE



KEEP YOUR BLOOD PRESSURE LOW



LOWER YOUR CHOLESTEROL



EAT HEALTHY FOODS



REGULARLY



TREAT SLEEP APNEA



MANAGE YOUR DIABETES



DRINK IN HODERATION



STOP SMOKING



REDUCE STRESS WHEN POSSIBLE



MAINTAIN A HEALTHY WEGHT

Prevention Of Stroke

John W. Norris, Vladimir C. Hachinski

Prevention Of Stroke:

Stroke Prevention, Treatment, and Rehabilitation David Spence, Henry JM Barnett, 2012-05-13 IF YOU WANT TO UPDATE THE INFORMATION ON YOUR TITLE SHEET THEN YOU MUST UPDATE COPY IN THE PRODUCT INFORMATION COPY FIELD COPY IN THE TIPSHEET COPY FIELD DOES NOT APPEAR ON TITLE SHEETS This book arms any physician with the evidence and tools they need to help patients who have had or at risk of having a stroke in preventing stroke Market Audience PRIMARY Neurologists 18 000 in US Cardiologists 30 000 in US SECONDARY Internists 200 00 About the Book Stroke is the third leading cause of death in the US with cardiac disease and cancer being number one and two Annually 795 000 people in the US suffer a new or recurrent stroke Approximately 140 000 people die from stroke each year a figure that has been declining because of what we have learned about daily aspirin smoking cessation diet and surgical procedures to prevent new or recurrent strokes The 6 million patients alive today who ve survived stroke are at the highest risk yet anyone of a certain age or who has had a mini storke is at higher risk While more is known than ever about how to prevent stroke there is still great variability in how stroke prevention is implemented regionally Challenges in getting patients to comply with stroke prevention measures are also a concern This book provides an evidence based approach and practical tools to help any physician help their patients avoid a new or a recurrant stroke Key Selling Features Makes stroke prevention easy to teach and easy to comply with About the Authors David Spence MD Trained in Neurology with Dr Barnett before going on to complete training in Internal Medicine and then a fellowship in Clinical Pharmacology at San Francisco Has focused on stroke prevention throughout his career Professor of Neurology and Clinical Pharmacology at the Robarts Research Institute London Canada Ran a hypertension clinic for 20 years for the past 15 years has run a busy stroke prevention clinic Pioneered ultrasound measurement of carotid plaque for patient management genetic research and evaluation of new therapies Published in 2006 a book for the public How to prevent your stroke Wife and first son are family physicians has done a lot of continuing medical education to family physicians around the world Selected by the World Congress of Neurology in 2009 to teach the course on stroke prevention Henry JM Barnett MD A giant in stroke prevention first to show that Aspirin reduced the risk of stroke led the study that showed that carotid endarterectomy reduced the risk of stroke in patients with symptomatic carotid stenosis and the study that showed that extra cranial to intracranial bypass was not effective Founding chair of the department of Clinical Neurological Sciences at the University of Western Ontario in which Neurology and Neurosurgery joined to form a department separate from Medicine and Surgery This model which he pioneered with his neurosurgical colleague Charlie Drake has been copied successfully the world over Former editor of the journal Stroke and internationally recognized as the father of stroke prevention Prevention of Stroke John W. Norris, Vladimir C. Hachinski, 2013-06-29 Prevention of Stroke sums up and critically analyzes our present knowledge and understanding of all major aspects of stroke prophylaxis medical and surgical The book is intended for not only neurologists and neurosurgeons

directly involved with stroke patients but also vascular surgeons internists family physicians and health planners Topics explored include the cellular basis of atherosclerosis stroke risk factors head and neck bruits in stroke prevention the present status of anticoagulant prophylaxis hypertension and stroke prevention and prevention of cardioembolic stroke as well as the efficacy of aspirin and of ticlopidine in stroke prevention Surgical prophylaxis is examined through discussions of carotid endarterectomy prevention of stroke from cerebral vascular malformations prevention of aneurysmal subarachnoid hemorrhage balloon transluminal angioplasty of the carotid artery in the head and neck and prevention of recurrent stroke

The Prevention of Stroke Philip B. Gorelick, Milton Alter, 2002-04-26 Since stroke is the third leading cause of death in the United States and the major cause of disability in older individuals prevention deserves greater and more dedicated efforts by medical practitioners and health policy planners As the population continues to age successful implementation of stroke prevention strategies should produce tangible benefits for large segments of society The Prevention of Stroke focuses on the stroke risk factors that are amenable to modification and describes ongoing strategies for their amelioration It emphasizes primary prevention of risk factors because intervention before a stroke risk factor appears clinically is likely to yield the highest benefits It also recognizes secondary prevention measures as important in reducing the chance of a stroke A strength of this book is its reliance on well founded scientifically derived evidence interpreted by clinically experienced stroke experts The authors assess the state of our current knowledge of successful stroke prevention measures while pointing out areas where there is a need to develop new and better prevention techniques With a fund of bibliographic references and comprehensive index this is an essential clinical reference on the successful prevention of stroke **Stroke Prevention in** Clinical Practice Daryll M. Baker, 2007-12-10 Primary care physicians are the first to diagnose transient is chaemic attacks TIAs and are the doctors who can undertake a considerable amount of stroke prevention treatment This book fills the primary care physician s need for a short clear text explaining how to accurately diagnose a TIA determine what investigations are indicated and how and when to intervene to reduce the risk of stroke Short chapters are written in point form with clear diagrams and figures each chapter written by an expert in the field Stroke is a brain attack and a major cause of disability Active intervention can prevent stroke especially in high risk groups What You Should Know about Stroke and Stroke Prevention Arthur Ancowitz, 1979 Handbook of Clinical Nutrition and Stroke Mandy L. Corrigan, Arlene A. Escuro, Donald F. Kirby, 2013-04-17 Handbook of Clinical Nutrition and Stroke is a comprehensive reference on nutrition for the multidisciplinary team caring for stroke patients Targeting physicians nurse practitioners clinical dietitians and advanced allied health and medical students this volume provides an introduction on the different types of stroke associated risk factors and uniquely featured global perspectives on stroke In addition to discussing stroke risk factors the book expands upon treatment and management from the acute care setting through rehabilitation captures the lifespan of patients affected by stroke and discusses the progression of the nutrition care plan Containing the most up to date evidence based information

currently available Handbook of Clinical Nutrition and Stroke is a valuable resource for clinicians working with the stroke population How to Prevent Your Stroke J. David Spence, 2006 Live saving advice is given for those at risk of their first stroke and those who have already had a mini stroke the 1 risk factor facing survivors Prevention and Treatment of <u>Ischemic Stroke</u> Scott Eric Kasner, Philip B. Gorelick, 2004 This volume covers prevention and treatment options for both primary and secondary ischemic stroke offers practical scientific quidance on all aspects of patient care including critical care management and rehabilitation provides author recommendations where clinical answers are not yet clear and discusses topics such as diagnostic evaluation of TIA and ischemic stroke large vessel atherosclerosis small vessel occlusive disease ususual and cryptogenic etiologies of stroke and emerging therapies Stroke Prevention John W. Norris, Vladimir Hachinski, 2001-04-12 The treatment of stroke remains ineffective and prevention is the key issue for this common disease Norris and Hachinski have recruited an international group of experts to provide a comprehensive critical review of the evidence on the primary and secondary prevention of cerebrovascular disease and to translate this information into clinical practice The authors present fresh information on established risk factors such as atrial fibrillation smoking and hypertension and on new risk factors such as homocysteinemia and the paradoxical role of alcohol They cover the protective effects of lifestyle changes diet exercise and estrogen Under secondary prevention they deal with aspirin antiplatelet therapy surgical measures to prevent stroke angioplasty and stenting and the importance of cardiac anomalies increasingly revealed by high definition imaging While endarterectomy remains controversial for asymptomatic carotid stenosis it has been clearly defined as the single most effective strategy in secondary prevention In a concluding section that will be particularly valuable to clinical readers the authors provide a lucid balanced discussion of how the findings from clinical trials where patients are highly selected closely monitored and given the highest standard of care can be effectively applied in the everyday practice of **Prevention of Stroke** John W. Norris, Vladimir C. Hachinski, 1991-05-01 Prevention of Stroke sums up and medicine critically analyzes our present knowledge and understanding of all major aspects of stroke prophylaxis medical and surgical The book is intended for not only neurologists and neurosurgeons directly involved with stroke patients but also vascular surgeons internists family physicians and health planners Topics explored include the cellular basis of atherosclerosis stroke risk factors head and neck bruits in stroke prevention the present status of anticoagulant prophylaxis hypertension and stroke prevention and prevention of cardioembolic stroke as well as the efficacy of aspirin and of ticlopidine in stroke prevention Surgical prophylaxis is examined through discussions of carotid endarterectomy prevention of stroke from cerebral vascular malformations prevention of aneurysmal subarachnoid hemorrhage balloon transluminal angioplasty of the carotid artery in the head and neck and prevention of recurrent stroke

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