
Read Online Stroke What Do I Do Now

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6QOWIP - BELTRAN MILLS

Stroke is a medical emergency that requires immediate medical attention. With active and efficient nursing management in the initial hours after stroke onset and throughout subsequent care, effective recovery and rehabilitation is increased. Acute Stroke Nursing provides an evidence-based, practical text facilitating the provision of optimal stroke care during the primary prevention, acute and continuing care phases. This timely and comprehensive text is structured to follow the acute stroke pathway experienced by patients. It explores the causes, symptoms and effects of stroke, and provides guidance on issues such as nutrition, continence, positioning, mobility and carer support. The text also considers rehabilitation, discharge planning, palliative care and the role of the nurse within the multi-professional team. Acute Stroke Nursing is the definitive reference on acute stroke for all nurses and healthcare professionals wishing to extend their knowledge of stroke nursing. Evidence-based and practical in style, with case

studies and practice examples throughout Edited and authored by recognised stroke nursing experts, clinicians and leaders in the field of nursing practice, research and education The first text to explore stroke management from UK and international perspectives, and with a nursing focus

At the age of 43, Jennifer Gordon suffered a debilitating stroke that robbed her of the power of speech. What was it like for an intelligent, articulate, imaginative woman to find herself in a world where she could no longer communicate? Speechless tells this story. It describes the often puzzling symptoms leading to the stroke; the shock, then denial, then acceptance of the stroke itself; the periods of hospitalisation and rehabilitation and the long journey back to a 'normal' life. The author experiences despair at being dependent on others; resentment at being judged because she is different; frustration at the need for intense concentration to do even simple things; grief as she becomes aware of a loss of personality; and joy at each small step towards regaining what she has lost. Speechless is written with dignity, honesty and hu-

mour in a way that evokes empathy but never pity. Anyone who has ever been a patient will feel they can relate in some small way to Jennifer Gordon's feelings of helplessness, anger, fear and gratitude as doctors, nurses, orderlies, therapists and hospital workers cross her path. Because of this, the book is enlightening reading for all health care professionals as well as relatives and friends and the patients themselves.

Now with videos! *Dysphagia Following Stroke, Third Edition* is a practical and easy-to-use resource for clinicians treating swallowing disorders in the stroke population. The authors bridge the gap between academic and clinical practice with up-to-date research and clinical case examples throughout. In addition to a thorough overview of dysphagia diagnosis and management, this text focuses heavily on evaluation and management of stroke. Key topics include neural underpinnings of normal and disordered swallowing, swallowing screening, the clinical swallowing examination including cough reflex testing, the expanding array of instrumental swallowing modalities, and the rehabilitation of swallowing including strength training, non-invasive brain stimulation, and skill training. While geared toward practicing clinicians, *Dysphagia Following Stroke* is also useful for students in professional training programs. New to the Third Edition: A third author, Kristin Gozdzikowska, bring a fresh perspective as a young clinician and researcher with particular expertise in high resolution manometry and various cutting-edge treatment techniques. New larger 6" x 9" trim size. Updated chapters on assessment to include new and emerging instrumental technologies, including high resolution manometry, impedance, and ultrasound. Updated chapters on management to include the newly described International Dysphagia

Diet Standardization Initiative. New and expanded framework for rehabilitation, with a shift from peripherally focused rehabilitation to neuromodulation of cortical swallowing control. New and updated research and trends in clinical practice throughout. Includes videos. This thoroughly updated and enhanced edition of *Dysphagia Following Stroke* is sure to remain a valued resource for clinicians working with stroke patients in all settings. Disclaimer: Please note that ancillary content (such as documents, audio, and video, etc.) may not be included as published in the original print version of this book.

I never paid too much attention about my health. I ignored the symptoms for months. Thank God for looking out for me and my ignorance. I should have paid attention to the constant headaches, weariness and constantly feeling tired. I was being unreasonable as there were so many days I was drained and worn out. I did not have any idea as to why my sugar level stayed elevated. I sort of watched the things I was eating. I found out that many things can elevate your sugar level. I had deluded myself for a long time. It was not until I became chronically ill and then I could tell everyone, having a stroke is such a rude awakening. It is a sad situation losing your thoughts, your mobility and almost losing your life. It is so tough realizing you can barely move. My story shows how God specializes in anything and everything that has appeared as impossible. My life took such a turn as I could not think, be in motion, or simply talk. If you have any rivers you think you cannot cross just tell yourself God specializes as He carries you through. Jesus had my entire situation in the palms of His hands. As I think back how my family was so torn apart, frightened, and afraid over how distorted things had gotten. My right side had

become dormant. I really needed a great deal of help after the Lord stepped in and showed everyone I would live and not die. I vividly was lying from down in that hospital from day-to-day telling myself Jesus is that perfect answer. I laid there almost in a comatose state. I was able to think if we have any mountains that we think cannot climb, Jesus will pick you up and enable you to do what seems is without a solution any particular situation regardless to what it is He will help us to climb this mountain. He did it for me and He will do it for anyone who asks for help. My situation of having a stroke was so graphic. My entire family was so devastated. I was one who was so energetic preaching, teaching, running and working through the community. I stayed busy trying to help others rather than really taking good care of myself. Thank God for looking out for me because I had been deceived mentally. I am working hard to get better. I can tell somebody God does specialize in anything that has presented itself to impossible.

"First issues as an Oxford University Press paperback, 2013"--Title page verso.

An Incredible Journey of Determination and Recovery In 2005, Ted W. Baxter was at the top of his game. He was a successful, globe-trotting businessman with a resume that would impress the best of the best. In peak physical condition, Ted worked out nearly every day of the week. And then, on April 21, 2005, all that came to an end. He had a massive ischemic stroke. Doctors feared he wouldn't make it, or if he did make it, he would be in a vegetative state in a hospital bed for the rest of his life. But miraculously, that's not what happened . . . In *Relentless*, Ted W. Bax-

ter describes his remarkable recovery. Not only did he live, but he's walking and talking again. He moves through life almost as easily as he did before the stroke; only now, his life is better. He's learned that having a successful career is maybe not the most important thing. He's learned to appreciate life more. He's learned that he wants to help people—and that's what he does. He gives back, volunteering his time and effort to help other stroke victims. *Relentless* is a wonderful resource for stroke survivors, caregivers, and their loved ones, but it is also an inspiring and motivating read for anyone who is facing struggles in their own life.

A Doody's Core Title 2012 *Stroke Recovery and Rehabilitation* is the new gold standard comprehensive guide to the management of stroke patients. Beginning with detailed information on risk factors, epidemiology, prevention, and neurophysiology, the book details the acute and long-term treatment of all stroke-related impairments and complications. Additional sections discuss psychological issues, outcomes, community reintegration, and new research. Written by dozens of acknowledged leaders in the field, and containing hundreds of tables, graphs, and photographic images, *Stroke Recovery and Rehabilitation* features: The first full-length discussion of the most commonly-encountered component of neurorehabilitation Multi-specialty coverage of issues in rehabilitation, neurology, PT, OT, speech therapy, and nursing Focus on therapeutic management of stroke related impairments and complications An international perspective from dozens of foremost authorities on stroke Cutting edge, practical information on new developments and research trends *Stroke Recovery and Rehabilitation* is a valuable reference for clinicians and academics in rehabilitation and neurology, and professionals in all disciplines

who serve the needs of stroke survivors.

How to Stroke All Fingers on Fingerboard Guitar Strings How to Start to Do Uni-Requinto with a Pick On How to Stroke Fingers on Fingerboard Guitar Strings with All Fingers How to Start An Individual Uni-Requinto with a Pick on Guitar Strings English and Spanish The First Initial Procedures for Start and Do Individual Uni-Requinto with All Fingers Both Hands With a Pick on Strings of A Guitar. ePUB and PDF EBooks in English and Spanish Both Languages and Each Separately

"Transformative...[Taylor's] experience...will shatter [your] own perception of the world."—ABC News The astonishing New York Times bestseller that chronicles how a brain scientist's own stroke led to enlightenment On December 10, 1996, Jill Bolte Taylor, a thirty-seven-year-old Harvard-trained brain scientist experienced a massive stroke in the left hemisphere of her brain. As she observed her mind deteriorate to the point that she could not walk, talk, read, write, or recall any of her life—all within four hours—Taylor alternated between the euphoria of the intuitive and kinesthetic right brain, in which she felt a sense of complete well-being and peace, and the logical, sequential left brain, which recognized she was having a stroke and enabled her to seek help before she was completely lost. It would take her eight years to fully recover. For Taylor, her stroke was a blessing and a revelation. It taught her that by "stepping to the right" of our left brains, we can uncover feelings of well-being that are often sidelined by "brain chatter." Reaching wide audiences through her talk at the Technology, Entertainment, Design (TED) conference and her appearance on Oprah's online Soul Series, Taylor provides a valu-

able recovery guide for those touched by brain injury and an inspiring testimony that inner peace is accessible to anyone.

Up-to-date discussion of the etiology, diagnosis, treatment, and prevention of this common cause of stroke and cognitive impairment.

Dr. Mike Dow is a best-selling author, psychotherapist, and relationship expert. So why is he writing a book about stroke? Well, what you probably don't know about Dr. Mike is that his younger brother, David, is a stroke survivor. What's more, David's stroke happened when he only 10 years old. This means most of Dr. Mike's teenage years were spent witnessing what his family was dealing with trying to find the best treatments for David. He struggled to know what to do to help his brother. He watched helplessly as his brother wrestled with depression, trying to find the motivation to recover on top of the challenges of adolescence. He mourned the loss of what could have been—and he was angry. How his family would have loved to sit down with top experts in stroke to find out what they should be doing and have their questions answered. Now Dr. Mike has the ability to do just that, and he's doing it so that others in his family's position don't have the same struggle. Armed with questions from stroke survivors and their loved ones, Dr. Mike talks with the best clinicians across the country to get over 100 answers you need to know to maximize your recovery.

A major unique feature of strokes is their acuteness with the necessity of rapid decision analysis concerning diagnosis and treatment. The last decade has seen major advances in diagnostic technology available to clinicians and development of a larger therapeutic armamentarium. These rapid changes have made it

difficult for non-stroke specialists to keep up. Stroke provides a timely and user-friendly manual, covering common and important topics in the diagnosis and treatment of stroke, which clinicians can utilize when they encounter difficult patients on the ward or in the clinic. The discussions are case-based, concise, and easily-digested, thereby providing the reader with an overview of the approach to the problem in question.

Designed for use by busy professionals who need quick answers, this revised and updated second edition of *The Stroke Book* is a concise and practical reference for anyone involved in managing critically ill cerebrovascular patients.

- Covers a wide range of common conditions such as ischemic and hemorrhagic strokes, subarachnoid hemorrhages and intracranial aneurysms
- Provides focused protocols for assessing and treating stroke patients in the emergency room, intensive care unit or general hospital setting
- A new chapter summarizes key clinical trials for stroke therapies
- User-friendly format
- Packed with algorithms, tables and summary boxes for immediate access to key information
- A color plate section illustrates key pathology and diagnostic imaging

Written by experienced contributors from leading stroke centers, this is an essential companion for navigating stroke-related clinical situations successfully and making informed decisions about treatment.

This text guides patterns of practice; improves quality of care; promotes appropriate use of health care services; and explains physical therapist practice to insurers, policymakers, and other health care professionals. This edition continues to be a resource for both daily practice and professional education.

If you're holding this book, it likely means you or someone you love has had a stroke. Dealing with the onslaught of information about stroke can be confusing and overwhelming. And if you happen to be a stroke survivor with newly impaired language skills, it can be especially hard to comprehend everything your doctors, nurses, and specialists are telling you. This book consists of the top 100 questions that survivors and their families ask, with answers from the top physicians and therapists in the country. The questions start out basic but then get more specific to address different areas of recovery. And, for stroke survivors still struggling with reading comprehension, or for family members who are simply too tired to read long passages, there are Takeaway Points at the end of each chapter to help simplify everything. Includes answers to frequently asked questions such as:

- What is a stroke, and who is at risk for one?
- What is the best diet for a stroke survivor?
- How does group therapy compare to individual therapy?
- What should a stroke survivor look for in a therapist?
- How long will it take to recover, and how can stroke survivors maximize their recovery?
- What can someone do to prevent having another stroke?

In this book, you'll gain a wealth of information, inspiration, advice, and support as you navigate your journey through stroke recovery.

In 2010, Debra Meyerson, a Stanford University professor, suffered a severe stroke in which she lost all speech and was paralyzed on her right side. *Identity Theft* centres on Debra's experience: her stroke, her extraordinary efforts to recover, and her journey to redefine herself. She draws on her skills as a social scientist and conversations with dozens of fellow survivors-, family members, friends, colleagues, therapists, and doctors to paint a

new picture of the emotional journey through the identity-based challenges born from stroke and other accidents and illnesses that rob people of important capabilities. She shares amazing personal stories and uses them to illustrate lessons we can all learn from. She addresses these important questions: Who are you after a stroke? How do I define myself in the face of more limited abilities? How do you grieve the loss of you? What is really important to me? Who do you become during your recovery? How do I fit in? This is not a how-to book for recovery, nor will it tell you what you'll experience or how you should deal with the loss of ability, but it's a book full of hope for stroke survivors. It gives them and their support network a broad picture of what might lie ahead. And it explores some critical questions that, in the more prevalent focus on physical recovery, are all too often overlooked in the effort to help people who have lost capabilities from stroke or otherwise.

An essential resource for diagnosis and treatment of stroke patients outside the usual clinical categories.

Acclaimed writer, bestselling author, and founder of Salon magazine, David Talbot has brought us masterful and explosive headline-breaking stories for over 25 years with books like the New York Times bestsellers *Brothers*, *The Devil's Chessboard*, and nationally recognized *Season of the Witch*. Now for the first time, journalist and historian David Talbot turns inward in this intimate journey through the life-changing year following his stroke, a year that turned his life upside down, and ultimately, saved him. • A portrait of how a health crisis can truly shift one's perspective on life and purpose • Includes insider stories on the wild early days

of Internet journalism, tech culture, and Hollywood • Powerful storytelling of the physical, emotional, and psychological impact a stroke has had on the author's identity Fans of *My Stroke of Insight*, *The Devil's Chessboard* and *Season of the Witch* will love this book. This book is perfect for: • Fans of David Talbot • Anyone dealing with or recovering from health issues (particularly stroke or brain injury) and looking for insight and inspiration • Gen Xers and baby boomers who understand their risk for stroke • Entrepreneurs scared of burnout

Stroke no joke is the autobiography of a middle aged African American man who navigates the process of reclaiming and re-finding his life it provides an insightful look into the mind of a once strong independent man after he suffered a serious stroke that changes his life forever. As he struggles through his rehabilitation and along the way identifies a new strength and purpose in his life. This book offers inspirational insight into the power of the mind and the self commitment of the human spirit to overcome the physical and the mental sense of hopelessness. most importantly it connects one man's resolution to self motivation that focuses on his recovery and the means to overcome the physical barriers that stands in his way. This story brings to light the strength of the human spirit the struggles to survive and the ability of one man to share his recovery story. It's the mystery of life that has sustained me since the stroke

The reasons for writing this book are manifold. For all stroke victims out there who are asking "why me?" I just want to say that you are not alone. If there is one thing I want to achieve through this book is to convey the message that even though a stroke can be debilitating but it is not the end of life. Do not ask yourself: Did

I deserve a stroke? It is a fruitless question. One has to toughen up. Be optimistic. And do your best. Remember that there are people who are worse off than you, so be grateful for what you have. When I had my stroke, I thought that it was the end of my life. I could barely stand up straight and needed the help of three people to help me walk twenty feet! I was being fed through a feeding tube from my abdomen into the stomach. But I didn't give up. With support from my wonderful family and friends, I worked very hard; took therapy; and stayed optimistic. If I can inspire even one person to not to give up hope and double their efforts, I have achieved my goal. I hope that this book serves a valuable tool to millions of stroke patients, their families, and friends, and brings back the joy in their life.

Cardiovascular, respiratory, and related conditions cause more than 40 percent of all deaths globally, and their substantial burden is rising, particularly in low- and middle-income countries (LMICs). Their burden extends well beyond health effects to include significant economic and societal consequences. Most of these conditions are related, share risk factors, and have common control measures at the clinical, population, and policy levels. Lives can be extended and improved when these diseases are prevented, detected, and managed. This volume summarizes current knowledge and presents evidence-based interventions that are effective, cost-effective, and scalable in LMICs.

100,000 heartbeats a day means a lot of wear and tear over the years. Now two doctors explain how to lower the risk of a stroke as you age. Natural aging leads to artery plaque, high blood pressure, and slower and irregular heartbeats. You can do everything

right, but while you can influence some aspects of aging on your own, some you cannot—at least not without your doctor's help. Fortunately, the biology of aging is no longer mysterious. Heart and blood vessel health is knowable, measurable, and manageable. In *You Can Prevent a Stroke*, Dr. Joshua Yamamoto and Dr. Kristin Thomas help us understand what we can do, and what we can ask of our doctors, to manage the effects of aging on our circulation so that we do not have a stroke. Drawing on fundamentals learned at The Johns Hopkins Hospital, they offer principles and preventative steps that aren't one-size-fit-all solutions or magical cures—just solid science to help anyone manage the natural processes that affect us all. Included is information on:

- Establishing a relationship with a physician
- Knowing the health of your heart
- Knowing the health of your arteries
- Knowing the regularity of your heartbeat
- Knowing if it's time to take a medicine to prevent plaque in your arteries, and whether you need a pill to prevent a blood clot

Strokes can be avoided—and *You Can Prevent a Stroke* explains how.

You have just encountered a possible stroke patient. You ask yourself, what should I do first? How do I know it is a stroke? Is it too late to reverse the damage? How do I do the right things in the right order? This book will help you answer these critical questions. It provides practical advice on the care of stroke patients in a range of acute settings. As new and effective treatments become available, and designated stroke centers are created, this guidebook will help inform the healthcare professionals responsible for delivering care. The content is arranged in chronological order, covering the things to consider in assessing and treating the patient in the emergency department, the stroke unit, and

then on transfer to a rehabilitation facility. All types of stroke are covered. A comprehensive set of appendices contain useful reference information including dosing algorithms, conversion factors and stroke scales.

Features tons of advice for recovery and rehabilitation Get the latest on the symptoms, diagnosis, and treatment of stroke Have questions and concerns about strokes? This reassuring guide provides invaluable information for stroke victims and their loved ones, from what a stroke is and what it feels like to proven treatments and therapies. You'll see how to implement a plan for preventing stroke, treat the lingering effects of stroke, and maximize home caregiver effectiveness while minimizing fatigue. Discover how to: Understand what causes different types of stroke Recognize warning signs Get the most out of doctors and hospitals Speed recovery with the best treatments Help prevent future strokes Decide the best living arrangements after stroke

In Evidence-based Neurology: Management of Neurological Disorders a carefully selected group of clinically experienced collaborators use the best available evidence to answer more than 100 clinical questions about the treatment and management of neurological disorders. Divided into three sections and 24 chapters, this book fills the gap between guidelines and primary studies as well as between primary and secondary scientific medical literature summarizes the most recent and important findings on treatments for neurological patients measures the benefit and, when applicable, the risk of harm inherent in specific neurological interventions. This unique, evidence-based text, edited by members of the Cochrane Neurological Network will be an essential re-

source for all general neurologists, from the novice to the most experienced, in their everyday clinical practice.

New approaches to diet, controlling blood pressure, vitamin therapy and appropriate surgery on the carotid arteries will empower you and your doctor to reduce your risk of stroke!

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The second edition of this work continues to address the intimate pathophysiologic relationship between hypertension and stroke. The editors and authors clearly and concisely synthesize our developing knowledge of this relationship and place epidemiologic and physiologic information into a practical clinical context. Comprehensive chapters present the evidence supporting strategies for stroke prevention and care, including blood pressure lowering therapies, anti-coagulation, and management of other cerebrovascular risk factors. In addition to prescriptive measures for first

stroke prevention, the book illuminates current regimens for care immediately after acute stroke and for the prevention of recurrent stroke. This latest edition also features extensively updated chapters from the previous edition, as well as new chapters on the effects of hypertension and stroke on the cerebral vasculature, blood pressure management in subarachnoid hemorrhage, and blood pressure variability, antihypertensive therapy, and stroke risk. Written by experts in the field, *Hypertension and Stroke: Pathophysiology and Management, Second Edition* is of great utility for specialists in neurology and cardiovascular medicine and a valuable practical resource for all physicians caring for older adults and hypertensive patients.

No one is ever prepared for a stroke. It just happens, and when it does, the results can be life altering. From difficulties with communication to weakness, numbness, and cognitive difficulties, a stroke can have a wide range of consequences. For most people affected by a stroke, a flood of questions come afterward: How did this happen? What do we do next? What are our options? How long will recovery take? Am I at risk for another stroke? To answer these questions and so many others, stroke specialist Dr. Amytis Towfighi and best-selling health writer and stroke survivor Laura Stevens have written *What You Must Know About Strokes*. Written in plain English, this useful guide offers all the information stroke survivors and their loved ones need to know in order to ask the right questions and make informed decisions. The book is divided into four parts. Part 1 explains what a stroke is and which risk factors increase the odds of having a stroke. It also includes information on identifying the early signs of a stroke and

what to do when they appear. Part 2 looks at the immediate care given to stroke survivors as they are brought into a hospital setting. Part 3 details the most common rehabilitation treatments given to stroke patients to help them regain their ability to carry out their daily activities, mobility, speech, and cognition. These include occupational, physical, and speech therapies. It also discusses a number of complementary and alternative treatments that may be helpful. Part 4 offers important suggestions on lifestyle and nutrition to help patients avoid another stroke. Part 5 provides a look at life after a stroke and the issues stroke survivors may face. It offers practical and easy-to-follow advice on moving forward. The book also offers a section of resources, listing services and agencies that provide answers and assistance to stroke patients and their families. The many challenges of dealing with a stroke are great—for patients as well as their loved ones. The road back is not always easy. Understanding what is happening and what treatment options are available is crucial. The information contained in this book can greatly benefit anyone dealing with the aftermath of a stroke and make all the difference in the world.

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Part of the "What Do I Do Now?" series, *Stroke* uses a case-based approach to cover common and important topics in the diagnosis and treatment of stroke. Each chapter provides an overview of the approach to the problem in question followed by a discussion of the diagnosis, key points to remember, and selected references for further reading. For this edition, all cases have been carefully revised, and new information and references have been added. *Stroke* is an engaging collection of thought-provoking cases which clinicians can utilize when they encounter difficult patients on the ward or in the clinic. The volume is also a self-assessment tool that tests the reader's ability to answer the question, "What do I do now?"