



# **Stroke and the Family: A New Guide (The Harvard University Press Family Health Guides)**

*Joel Stein M.D.*

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A young woman suffers a stroke; she rebuilds her career and personal life, but not before her marriage falls apart. An eighty-year-old man dies unexpectedly of stroke, leaving his grown sons to wonder whether they are genetically predisposed to stroke. A recently retired woman confronts her future with a husband suddenly disabled by stroke. How can she help her husband? Will he ever recover? How will she cope with her own emotional stress?

In *Stroke and the Family: A New Guide*, Joel Stein shows the many faces of stroke and the people it strikes. To the family just beginning to cope with the aftermath of a stroke, the diagnostic tests, drug regimens, rehabilitation strategies, and varied prognoses can be completely bewildering. Because stroke can affect memory, speech, and movement, the impact on everyday routines and close relationships can be especially intense. Stein has produced a book that allows general readers and nonphysicians working with stroke survivors to make sense of the confusing variety of diagnoses and treatment options, and goes on to explore challenges the recovering stroke patient and the recovering family will face during a long recuperation with an uncertain outcome. *Stroke and the Family* offers up-to-date information and places the current research findings in context.

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