



The Sheldon Short Guide to Stroke Recovery

Mark Greener

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Stroke can devastate mental and physical wellbeing, but, lifestyle changes, combined with medication, can reduce your risk of further stroke by 80 per cent. This short, easy to read guide advises on preventing stroke, making the most of medical treatment and living a full life after a stroke. Topics include: why and how a stroke may happen key warning symptoms risk factors diagnosis and treatment rehabilitation advice for carers

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