



## Nutrition and Stroke: Prevention and Treatment

By Salah Gariballa

John Wiley and Sons Ltd, United Kingdom, 2004. Paperback. Book Condition: New. New.. 239 x 160 mm. Language: English . Brand New Book. Stroke is a common and devastating event, which often results in death or major loss of independence, with immense human and financial costs. In the developed world stroke accounts for around 10 per cent of all deaths and is the most important single cause of severe disability among western people living in their own homes. Furthermore, in the next 30 years, the burden of stroke will grow substantially in most developing nations. There is now substantial evidence that dietary habits not only influence the prevalence of stroke, but also its course and outcome once it has occurred. The author, Salah Gariballa, who has many years experience working in this area, carefully presents and reviews this information in a user-friendly and accessible manner. The book is divided into three major sections. Section I covers nutrition and ageing and includes chapters on the challenge of stroke, ageing changes and nutrition, macro- and micronutrient intake in elderly people and the diagnosis of protein-energy undernutrition. Section II deals with nutritional factors and the risk of stroke, and includes details of the role...



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