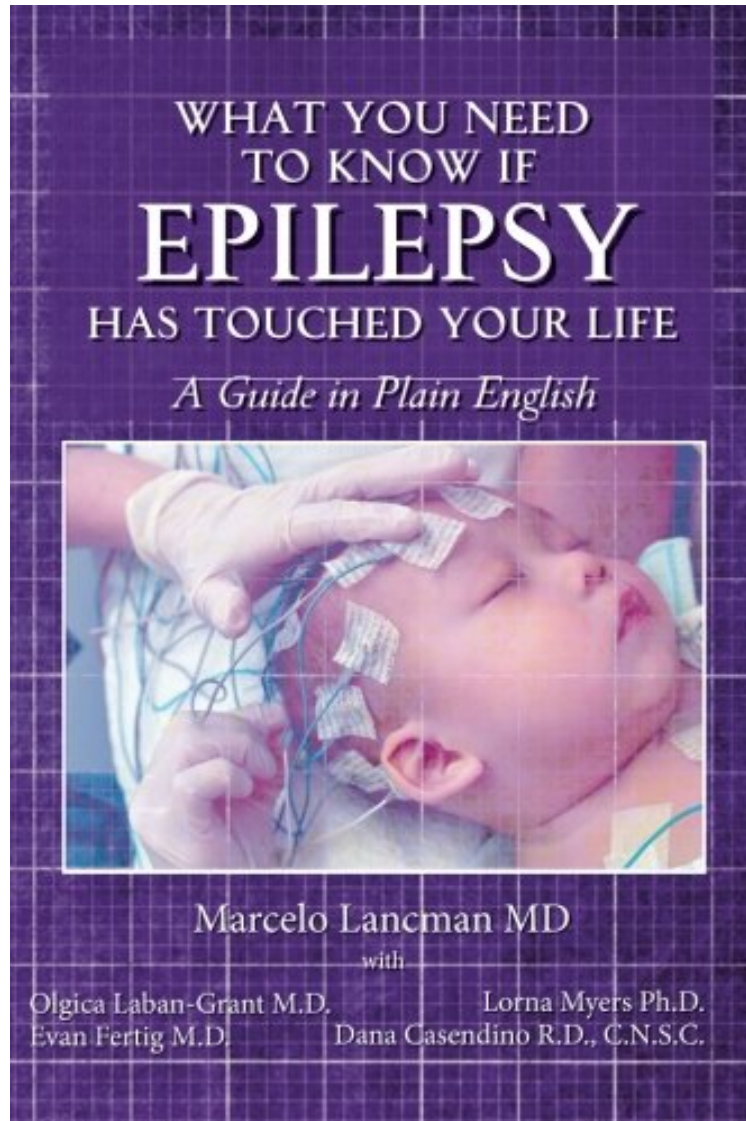


(Pdf free) What you need to know if epilepsy has touched your life: a guide in plain English

What you need to know if epilepsy has touched your life: a guide in plain English

Marcelo Lancman MD

ebooks / Download PDF / *ePub / DOC / audiobook



 Download

 Read Online

#1440235 in Books CreateSpace Independent Publishing Platform 2012-12-17Original language:EnglishPDF # 1 9.00 x .80 x 6.00l, 1.04 #File Name: 1475105312354 pages | File size: 51.Mb

Marcelo Lancman MD : What you need to know if epilepsy has touched your life: a guide in plain English before purchasing it in order to gage whether or not it would be worth my time, and all praised What you need to know if epilepsy has touched your life: a guide in plain English:

0 of 0 people found the following review helpful. A very helpful and detailed book about epilepsy.By Gert Bo ThorgersenWay back in 1975 I had a seizure, the first one in my life, which came 14 months after a skull fracture by a

motorcycle accident at which my helmet fell off. But after this seizure no need in drugs, and continuing driving motorcycle. But then in year 2003, of a year after together with my Thai wife having moved from Denmark to Thailand, I then was feeling stressed and afraid that it might result in seizures. But the doctor which I then visited didnt find that stress might result in a seizure. So nothing was done, and then of a year later there then came a motorcycle accident caused by a seizure; the first one during 29 years. Then by the same doctor I was put on EEG measure, showed normal, but I was told to have epilepsy, put on an epileptic drug, and then seizures started to come. In the book we get a picture with side by side showing respectively a normal EEG and an epileptiform activity. And then I started buying books about epilepsy, and this one, by Marcelo Lancman, I received 2 years ago, and now have just read it for the second time, after some of the other books, after again, 3 weeks ago, having had a seizure after years without drugs and seizures. Then again by a doctor got some drugs, told to be against pain, and then respectively 4 and 5 days after starting on these 2 drugs again had seizures, and then on Internet these drugs showed up to be against epilepsy! And then I threw them away. The book is easy to read and probably covers all the knowledge needed by civil persons when it comes to epilepsy. And especially with interest for persons living in USA containing nearly 50 sides concerning school, driving license, listed state by state, and enormous many Internet addresses for general information, medication, research, education, and so on. In the book we get a good information about what epilepsy actually is compared to the epilepsy myths. And what for example might be the seizure threshold, the amount of stimulus necessary to produce a seizure, seizure triggers as alcohol, coffee, drugs, emotional stress, fever or illness, hormonal changes, sleep deprivation, and so on, more or less different from person to person. Under Classifying Epileptic Seizures we read about Absence, Atonic seizures (Lennox-Gastaut syndrome), Tonic seizures, Myoclonic seizures, and so on. And especially for me it was good to read about Atonic seizure, (Drop seizures), which happened to me by the 2nd of the seizures after taken these drugs which I got 3 weeks ago. A strange feeling when after such a seizure then waking up on the floor and without any time connection from when standing there and washing hands and now laying on the floor, opposite to by normal seizing commonly getting 30 seconds feeling that something strange have stated in the head. Here by the Atonic seizure with more of the film cut away. Among other we in the book are getting many sides with many drugs, and god information, covering around 1 side for each of them, how bad they are and so on. And about quite a couple told that they can work against Atonic seizure. And, of course, we also read about vitamins and minerals, as many of them are important, and missing them can result in seizures. Besides also much good information about either good or bad food, in the chapter 8, Diet Therapy. And as an interesting case we there read about the Hollywood producer Jim Abraham whose son Charlie suffered up to 100 seizures a day, and where neither medications or brain surgery helped, but instead stopped by turning over to the Ketogenic diet (60 % fat), which he completed in 1997, while then being seizure-free. To me its a very interesting and helpful book to read, and which I will bring with me if I again should end up visiting a doctor after a seizure. But actually I now am reading the book written by Kelly, McGonigal, PhD., The Upside of Stress, as I think that my seizures only have been caught by stress. 0 of 0 people found the following review helpful. Excellent Book, a good resource for parents to learn more about epilepsy with there children. By david szuster As a child psychiatrist who often see patients with epilepsy along with psychiatric conditions, allows me to share a resource were parents can read on how to improve and cope with there childs current condition. This is a great resource to have for doctors, parents, and adults who are interested in learning more about epilepsy. This book provides alot of tips and resources for parents. It is very helpful for the parents as they can understand further on the topic of epilepsy in there children. I personally have bought my own copy and have begun to share this book with parents and adults who are interested in knowing more about there childs current condition on epilepsy and other psychiatric conditions. This book is kept in my office and I lend it out if when needed. 0 of 0 people found the following review helpful. Five Stars By debbeelots of information

An indispensable self reference book that provides a guide for a full life with Epilepsy and clear explanations about the most novel treatments.