Essential Infectious Disease Topics for Primary Care, edited by Neil S. Skolnik, and Ross H. Albert, 2008
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Thyroid Disease: A Case-Based and Practical Guide for Primary Care, Emanuel O. Brams, 2005
Type 2 Diabetes, Pre-Diabetes, and the Metabolic Syndrome: The Primary Care Guide to Diagnosis and Management, Ronald A. Codario, 2005
Chronic Pain: A Primary Care Guide to Practical Management, Dawn A. Marcus, 2005
Bone Densitometry in Clinical Practice: Application and Interpretation, Second Edition, Sydney Lou Bonnick, 2004
Hypertension Medicine, edited by Michael A. Weber, 2001
Parkinson's Disease and Movement Disorders: Diagnosis and Treatment Guidelines for the Practicing Physician, edited by Charles H. Adler and J. Eric Ahlskog, 2000
A little inclination sometimes only nudges a physician to learn more when seeing a patient with a particular problem, and the right resource makes that inclination to learn easy to carry out. *Stroke Essentials for Primary Care: A Practical Guide*, by Drs. David Alway and John Cole is an excellent, easy-to-read practical resource for the practicing physician who takes care of patients with stroke. This resource is important because stroke is the most common serious acute neurologic condition seen in primary care. Stroke is the third most common cause of death in the United States, and among those who survive many are left with significant disability. Approximately 5.8 million individuals in the United States have a history of stroke, with 8% of persons over 65 years of age reporting a history of a stroke.\(^1\) Talk to any older adult, and they will readily tell you that having a stroke is one of the things they are most afraid of, as it is common enough that most people have a family member or a close friend who has had a stroke and they are afraid of the loss of function, and potential loss of independence that too often occurs after a stroke. Almost half a million patients present each year with transient ischemic attacks, and 25% of those patients go on to have an additional event within the first 90 days after initial presentation.\(^2\) Initial diagnosis and management are essential in achieving optimal outcomes, and risk factor management is essential in decreasing the incidence and recurrence of stroke.

*Stroke Essentials for Primary Care: A Practical Guide* starts with a discussion of differential diagnosis, and then covers each of the common types of stroke in depth. These types of strokes – ischemic, intracerebral hemorrhage, and subarachnoid hemorrhage – make up over 95% of strokes that present to primary care and are discussed in detail. The first chapter on each of these topics discusses the details of initial presentation and management. The next chapter discusses aspects of prevention of initial stroke, reoccurrence of stroke, and long-term management. The last five chapters of the book cover specific topics

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to be aware of in the presentation of stroke. In summary, *Stroke Essentials for Primary Care: A Practical Guide* offers a concise, practical overview of initial diagnosis and management as well as long-term follow-up of patients who present with acute stroke and should be a useful resource for all primary care physicians.

Neil Skolnik, M.D.
Professor of Family and Community Medicine
Temple University School of Medicine
Associate Director of the Family Medicine Residency Program
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This book focuses the reader on the essential knowledge required to evaluate and treat stroke patients. The first chapter assumes an emergency room setting and helps to orient the reader to the distinguishing features of presentation and initial evaluation of stroke types. We then devote two chapters each to the major stroke types (ischemic stroke, intracerebral hemorrhage, and subarachnoid hemorrhage). The first chapter focuses on acute presentation and evaluation (in-hospital evaluation and management) for a particular stroke type. The second such chapter focuses on prevention and long-term complications (out-patient/follow-up issues). The five remaining chapters review special topics that may apply to specific populations: stroke in the young adult, headaches as they relate to stroke, hypercoagulable states, carotid artery disease, and cerebral venous thrombosis. Where appropriate, most chapters include a quick summary of their content and conclusions, allowing for rapid review when necessary.

We hope you find this text useful for rapid access to essential stroke information.

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Contents

Series Editor Introduction .............................................. v
Preface ............................................................................. vii
Contributors ................................................................... xi

1 Identifying Stroke and Stroke Type .......................... 1
   David Alway

2 Ischemic Stroke and Transient Ischemic Attack: Acute Evaluation and Management ........................................ 9
   W. Alvin McElveen and David Alway

3 Ischemic Stroke and Transient Ischemic Attack: Long-Term Management and Secondary Prevention ....................... 35
   Holly E. Hinson and John W. Cole

4 Intracerebral Hemorrhage: Acute Evaluation and Management .......................... 57
   David Alway

5 Intracerebral Hemorrhage: Long-Term Complications and Prevention ................................................................. 69
   Amytis Towfighi and David S. Liebeskind

6 Subarachnoid Hemorrhage: Diagnosis and Acute Management ......... 81
   Mahmut Edip Gurol and Harold P. Adams

7 Subarachnoid Hemorrhage: Long-Term Complications and Prevention ................................................................. 107
   Mahmut Edip Gurol and Harold P. Adams

Part I Special Topics

8 Ischemic Stroke in Young Adults .............................. 123
   Eric McDade and Steven Kittner
9 Headache and Stroke ........................................ 147
   John W. Cole

10 Hypercoagulable States and Stroke .......................... 159
   A. G. Vaishnav

11 Carotid Artery Stenosis ...................................... 171
   Marcella Wozniak and Karen Yarbrough

12 Cerebral Venous Thrombosis ................................. 183
   W. Alvin McElveen

Index ................................................................. 193
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