

Stroke Treatment & Recovery



Also called: Cerebrovascular accident

Related terms: Transient Ischemic Attack, TIA

Last revised: August 2010

The purpose of this guide is to help patients who experienced a stroke and their families to find sources of information and support. This list is not meant to be comprehensive, but rather to provide starting points for information seeking. The resources may be obtained at the Wellness Resource Center, room 2101 in the Cardiovascular Center.

Brochures & Fact Sheets

- **American Stroke Association**

- *Being a Stroke Family Caregiver*
- *Sex After Stroke*

Printable Fact Sheets:

- *Let's Talk About... Series*

Topics include: *Changes Caused by Stroke, Complications After Stroke, Driving After Stroke, Emotional Changes After Stroke, Feeling Tired After Stroke, Living at Home After Stroke, Stroke and Aphasia, and Stroke and Rehabilitation*

Access online at: <http://www.strokeassociation.org/>

- **National Institute of Neurological Disorders and Stroke**

- *Stroke: Hope Through Research*
- *What You Need to Know About Stroke*
- *Stroke: Challenges, Progress, and Promise*
- *Post-Stroke Rehabilitation*

Access online at: <http://stroke.nih.gov/>

- **National Stroke Association**

- *National Stroke Association's Guide to Choosing a Stroke Rehabilitation Provider*
- *Stroke Recovery Scorecard*
- *Second Stroke Risk*

- *Recovery After Stroke Series*
Topics include: *Ability to Go Places, Bladder & Bowel Function, Thinking and Cognition, Healthy Eating, Coping with Emotions, Managing Fatigue, Managing Life at Home, Health Insurance, Dealing with Pain, Recurrent Stroke, Redefining Sexuality, Sleep Disorders, Social Support*

Access online at: <http://www.stroke.org/>

Magazines

- National Stroke Association. *Stroke Smart Magazine*.
Free subscriptions available at: <http://www.stroke.org/>
- American Stroke Association. *Stroke Connection*.
Free subscriptions available at: <http://www.strokeassociation.org/>

Books

- Caplan, Louis R. *Stroke*. New York: American Academy of Neurology, 2006.
- Hreib, Kinan K. *100 Questions and Answers about Stroke: A Lahey Clinic Guide*. Sudbury, Mass: Jones and Bartlett Publishers, 2009.
- Levine, Peter, G. *Stronger After Stroke: Your Roadmap to Recovery*. New York: Demos Health, 2008.
- Stein, Joel, M.D. Silver, J.K. and Frates Elizabeth Pegg. *Life After Stroke : the Guide to Recovering Your Health and Preventing Another Stroke*. Baltimore, MD: Johns Hopkins University Press, 2006.
- Stein, Joel. *Stroke and the Family: A New Guide*. Cambridge, MA: Harvard University Press, 2004.
- Tanner, Dennis C. *The Family Guide to Surviving Stroke and Communication Disorders*. 2nd ed. Sudbury, MA: Jones and Bartlett Publishers, 2008.

Audiovisual Resources

- Becket, James. *Stroke Recovery: Taking Back Our Lives*. Ojai, CA: Becket Films, 2010. (DVD)

- **Stroke Rehabilitation - An interactive tutorial on MedlinePlus.gov**
 - Access at: <http://www.medlineplus.gov/>
 - Click on "Videos & Cool Tools"
 - Click on "Interactive Tutorials"
 - Under the heading "Surgery and Treatment Procedures," select "Stroke Rehabilitation"

This slide show with voice over and graphics provides an overview of stroke and describes how speech, physical and occupational therapies can help people regain function and abilities after a stroke.

Web Resources

- **American Stroke Association – Life After Stroke**
 - Access at: <http://www.strokeassociation.org/>

This section covers how to prevent another stroke, common effects of stroke, and the role of caregivers.
- **Familydoctor.org – Stroke Rehab**
 - Access at: <http://familydoctor.org/>
 - Click on "Conditions A to Z"
 - Click on "Heart Disease & Stroke"
 - Click on "Stroke Rehab"

An easy-to-read overview of stroke rehabilitation including reducing the risk for a second stroke, depression, and how family members can help.
- **Internet Stroke Center**
 - Access at: <http://www.strokecenter.org/>

Washington University in St. Louis provides this comprehensive site on stroke. The Patients & Families section has detailed information on medical treatments and caregiving. The site also includes detailed information about adapting a home after a stroke, aphasia and support groups.
- **National Stroke Association**
 - Access at: <http://www.stroke.org/>

This site provides extensive information for stroke survivors including a recovery guide, rehabilitation therapy and life after a stroke.

- **Society for Interventional Radiology - Section on Stroke**

- Access at: <http://www.sirweb.org/>

- Click on "Patient"

- Click on "Stroke & Carotid Artery Disease"

- This section describes how strokes occur and diagnostic tests and procedures that may be used to treat strokes and try to prevent second strokes.

- **University of Michigan Cardiovascular Center – Stroke Program**

- Access at: <http://www.med.umich.edu/cvc/>

- Click on "Our Services"

- Select "Stroke Program" from the list

- Our nationally known program offers emergency and follow-up care for ischemic (blockage) and hemorrhagic (bleeding) strokes, as well as mini-strokes.

University of Michigan Resources

- **Physical Medicine and Rehabilitation**

- For more information access <http://www.med.umich.edu/pmr/>

- or call: at 734-936-7175

- **Tobacco Consultation Service**

- Group and individual quit-smoking programs.

- For more information access: <http://www.mhealthy.umich.edu/tobacco/> or call 734.936.5988.

Patient Support Organizations

- **National Stroke Association**

- Website: <http://www.stroke.org/>

- Phone: (800) 787-6537

This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.

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