



# Nutrition and Stroke: Prevention and Treatment

*Salah Gariballa*

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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 of dietary and nutritional factors in stroke prevention, antioxidants and risk from ischaemic stroke, homocysteine and endothelial dysfunction. The final section of the book covers nutrition factors following stroke, including cerebral ischaemia, protein-energy undernutrition and the nutritional status and support of stroke and special stroke patients. A final chapter looks at probable future directions, including important recommendations.

Nutrition and stroke is essential reading for nutritionists, dietitians and many other groups of health professionals, including general practitioners, gerontologists, occupational therapists and nursing staff. Personnel in pharmaceutical and food companies involved in the formulation of dietary supplements and nutraceuticals will find much of interest within the book's covers. Those dealing with the prevention and treatment of stroke around the world should read this book, and copies should be available in libraries of universities and medical schools worldwide.



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