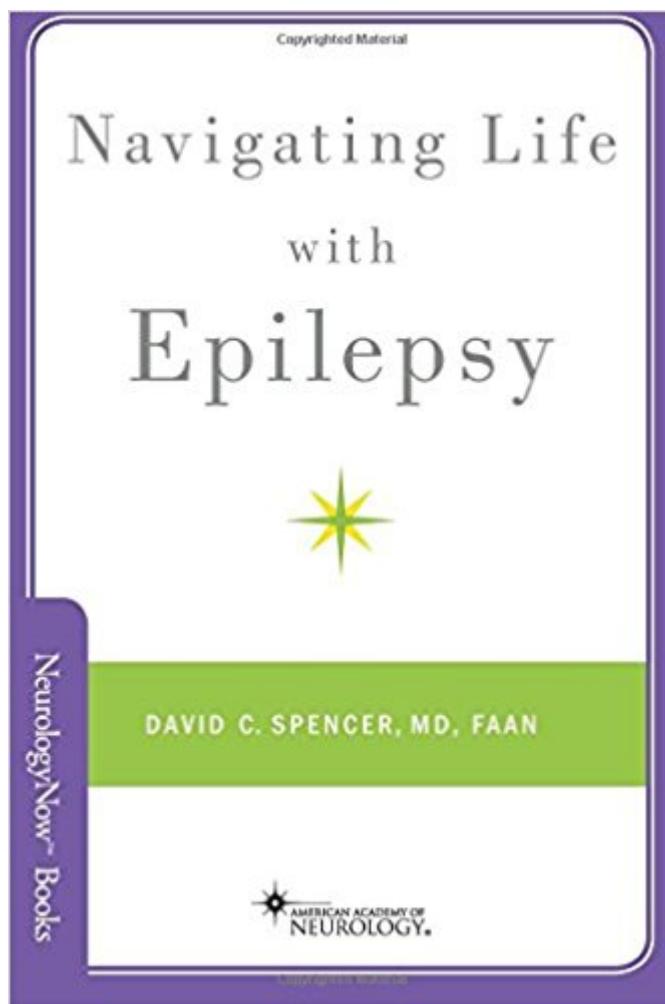


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# **Navigating Life With Epilepsy (Neurology Now Books)**



## **Synopsis**

Roughly 3 million people in the United States have already been diagnosed with epilepsy and another 200,000 new cases are diagnosed each year. Worldwide, approximately 1 percent of the global population is diagnosed with epilepsy at some point in their lives. With the diagnosis come questions, concerns, and uncertainties from both the person diagnosed and their family. So, where to go? *Navigating Life with Epilepsy* provides accessible, comprehensive, and up-to-date information about epilepsy shared from the two decades of experience of epileptologist David Spencer, MD, FAAN. This book guides the reader through the initial diagnosis, offers explanations on current approaches to diagnostic testing, medications, treatment options, and life management for the patient, their family, and their caregiver. Patient's stories are peppered throughout to illustrate that you are not alone: like you, they must navigate the myriad psychosocial challenges associated with epilepsy, including everyday concerns like driving, work, and relationships. *Navigating Life with Epilepsy* is a perfect resource for both patients with epilepsy and the family members and friends who care for them.

## **Book Information**

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## **Customer Reviews**

"As an epilepsy specialist, this book impressed; as a patient, it will impress greatly. It is accessible yet comprehensive. Practitioners and persons with epilepsy will appreciate having a book that explains, in more detail than a typical office visit, so much about epilepsy- from the basic physiology,

syndromes, diagnosis, treatment and life management. Treatment decisions and options deserve, and get, several chapters: treatment is complicated, ranging from diets, to medication, to surgical interventions; all have quality of life as the desired outcome. Patients and loved ones will appreciate the tips on what may be in store at various stages, including information about first aid and preparing for clinic visits. Readable, informative, from an acknowledged expert: a winning combination and an easy recommendation." --Robert A. Gross MD, PhD, FANA, FAAN, Professor of Neurology and of Pharmacology and Physiology, University of Rochester Medical Center, Editor-in-Chief, Neurology Journals "The book *Navigating Life with Epilepsy* by Dr. David Spencer is a practical advisor for people to epilepsy. In clear, non-medical language it explains basic medical facts about seizures, tests and treatments available. It explains that treatment is always a team approach and also includes controversies. With the help of patient stories medical facts are nicely illustrated. It informs about women's issues, memory problems with epilepsy, alternative treatment methods and much more. It is helpful for the day-to-day life with epilepsy and discusses stigma that people with epilepsy unfortunately still face. Books like this help to address the still lingering stigma, for which it is our society's responsibility to erase." --Barbara C. Jobst, MD, Dr. med, FAAN; Professor of Neurology; Geisel School of Medicine at Dartmouth; Director Dartmouth-Hitchcock Epilepsy Center; Section Chief, Department of Neurology; Hanover, NH

DAVID C. SPENCER, MD, FAAN is professor of neurology at Oregon Health & Science University (OHSU) in Portland, Oregon. He is director of the OHSU Comprehensive Epilepsy Program and director of the OHSU Epilepsy Fellowship Program. He has been involved in many areas of neurology and epilepsy education, including serving as an editor for the Neurology Patient Pages and on the editorial advisory board of *Neurology Now*, the American Academy of Neurology's magazine for anyone interested in brain health. He has served on education committees for the American Epilepsy Society and is a member of the American Epilepsy Society and fellow of the American Academy of Neurology.

I have had epilepsy for all of my teen/adult life. I wish this book had been available when I was first diagnosed, but it was helpful for me even after all these years. It's descriptions are clear and concise. I would recommend it to anyone with epilepsy or any family member or friend.

A very detailed, in-depth book on epilepsy. Well-written. I suggest reading the Cleveland Clinic Guide to Epilepsy, Third Edition, by Elaine Wyllie, M.D., first, then reading this book to obtain a more

in-depth explanation of Epilepsy.

cover is generic and ugly but the contents are fantastic. well-written and informative; everything you'd want in a book like this.

Finally a book that represents us, epileptics !!! The best book I've ever read on Epilepsy and I own a lot of them! Seizures didn't start until my late 20's and now I'm in my 50's with 'em - I remember life without it and now with it. What a difference! Lost my daughter and my driver's license with this stuff- it sucks. Sorry to all of your that has to deal with it!

Good basic information on subject.

Excellent book that explains the many varieties of epilepsy, treatments, meds, etc. in an understandable way for the lay person. My daughter was recently diagnosed and I found this an valuable reference source.

Lots of good current information without going into excessive detail on any one topic. Easy to understand and very helpful.

The content is informative and captivating. It contains some of the latest information on treatment. Im looking forward to reading it from cover to cover.

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