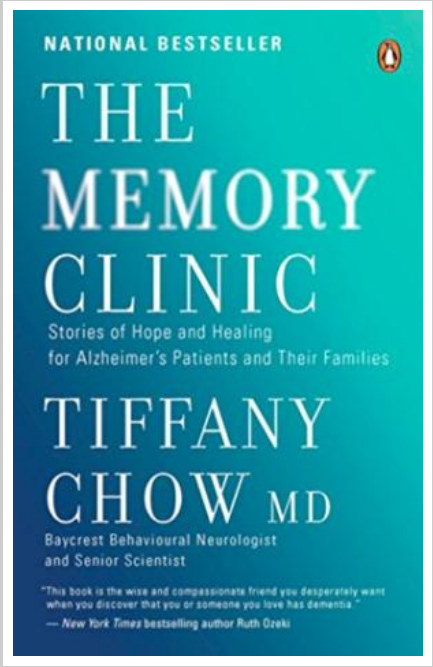


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The Memory Clinic: Stories of Hope and Healing for Alzheimer s Pts and Their Famils (Paperback)

By Tiffany Chow

Penguin Books Canada, United States, 2013. Paperback. Book Condition: New. 208 x 132 mm. Language: English . Brand New Book. Everyone dreads the words Alzheimer s disease and dementia. And everyone who plans to live beyond age sixty-five is at some risk. Dr. Tiffany Chow, a prominent clinician and neuroscientist, offers knowledge and hope about an illness where there is, as yet, no cure. Aimed at patients and their families, The Memory Clinic is a comprehensive and ultimately reassuring work about the prevention and management of dementia. Chow herself has a genetic legacy of Alzheimer s disease, and she probes what she and everyone else can do to mitigate the impact of genetics through nutrition, exercise, and the concepts of cerebral reserve and brain plasticity. But it is in her front-line role managing the suffering caused by dementia and aiding caregivers where Chow s compassionate voice is most inspiring. She emphasizes that both patients and caregivers need to feel safe, healthy, happy, and loved, and that meeting these basic needs daily takes skill at balancing life s demands and is itself part of the protective shield against dementia s effects. Dr. Chow has written an accessible and fascinating guide through...

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Reviews

Extremely helpful to any or all category of men and women. It really is rally exciting throgh reading time. I am just happy to let you know that this is basically the greatest pdf i have got go through in my personal existence and may be he finest book for at any time.

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