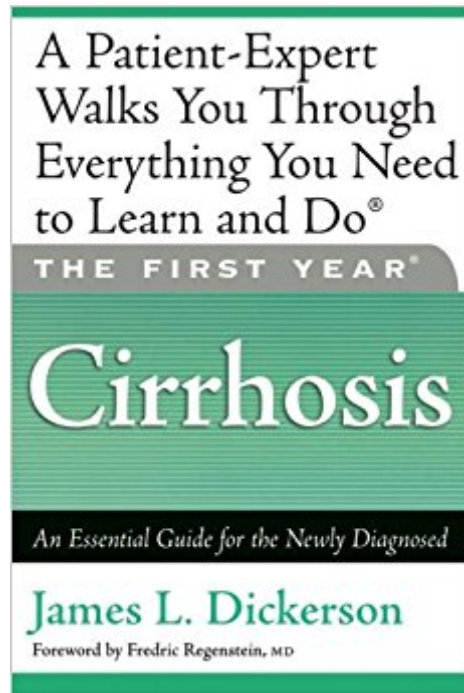


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# The First Year: Cirrhosis: An Essential Guide For The Newly Diagnosed



## Synopsis

More than 25 million Americans and 92 million worldwide suffer from liver disease and cirrhosis, a degenerative and potentially fatal condition in which liver cells are damaged and then replaced by scar tissue, impeding liver function. The disease is most commonly caused by excessive alcohol consumption, hepatitis, or complications from prescription drugs. Immediately after his diagnosis, James Dickerson set out to educate himself on all of his options and found there is hope for recovery. Now, he offers *The First Year: Cirrhosis*, the first guide for patients and their families to understanding and managing this chronic condition. In clear, accessible language, the book walks readers step-by-step through everything they need to do each day of the first week after a cirrhosis diagnosis, each subsequent week of the first month, and the following eleven months of the crucial first year. From understanding causes to coping with complications, *The First Year: Cirrhosis* provides medically-sound, empathetic guidance. The book includes advice on treating symptoms, extending longevity, managing stress, and getting the best care possible for anyone affected by this condition.

## Book Information

Series: The First Year

Paperback: 320 pages

Publisher: Da Capo Press; 1 edition (October 30, 2006)

Language: English

ISBN-10: 1569242836

ISBN-13: 978-1569242834

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars See all reviews (306 customer reviews)

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## Customer Reviews

I have been diagnosed with "pre-diabetes" and being "insulin-resistant" (IR) for the last 3 years. HOW I WISH MY PHYSICIANS (2 OF THEM!) HAD EXPLAINED \*THOROUGHLY\* WHAT THIS MEANT. I might have been more motivated to take more control over my diet and exercise thus

MAYBE preventing the development of Type 2 diabetes. And, "take control" is exactly what Gretchen Becker helps the reader do. The underlying sub-text of the book is YOU are the head of a team (of doctors and other health professionals) -- What you do very much controls the extent of complications from this disease 10 or more years down the road. With the information gleaned from the book, I self-referred myself to an endocrinologist (going to the ADA website to find an approved physician). Having/Taking control YOURSELF gives HOPE and provides a focus for the energy you have when diagnosed -- you really DO have options and decisions to act upon. All is NOT lost -- in fact, there is much to be gained! I am absolutely astounded at the ignorance of many Primary Care Physicians on the necessity of educating their patients FULLY as to their "pre-diabetic" condition. Too often, it's "your sugar's a bit high," prescribe a diet and recommend exercise. In no way do they take their own prescription seriously enough to let the patient know the path that will be followed should their recommendations fall on deaf ears. My father had been given this advice -- was put on Glucophage & a diet. His sugar went down to "normal" levels (I think -- since he doesn't know what "normal" is -- it might just have been low enough to be removed from the medication.) The point is, he thinks he doesn't have diabetes anymore. From this book, I know different. A "touch" of diabetes is like having a "touch" of pregnancy!

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