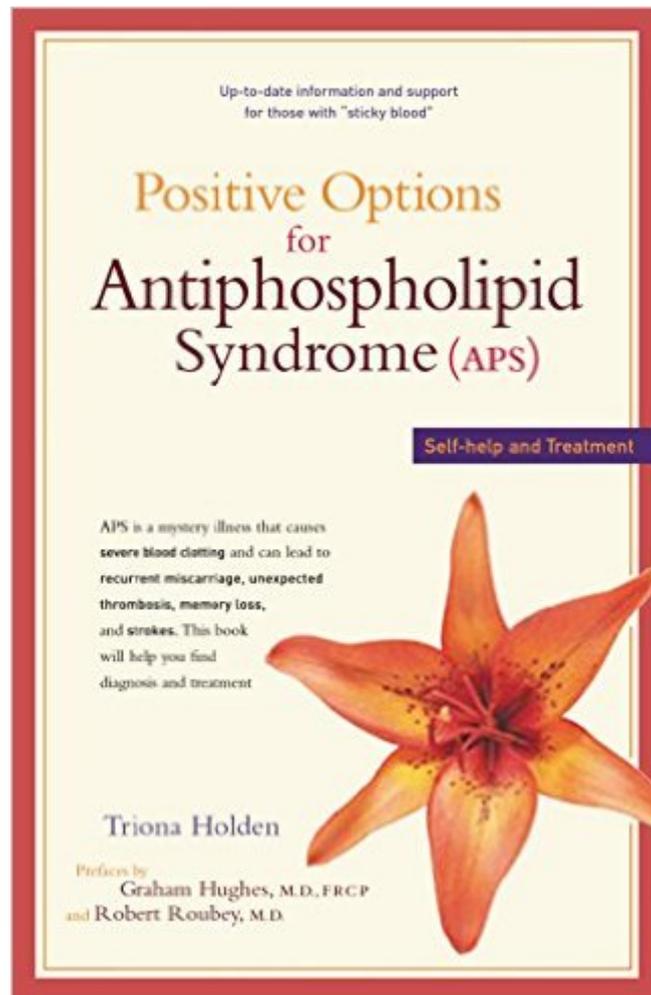


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# Positive Options For Antiphospholipid Syndrome (APS): Self-Help And Treatment



## Synopsis

This book contains information on an increasingly common autoimmune disorder. Also called "sticky blood" and Hughes Syndrome, APS makes one's blood clot too easily, creating high risk of stroke, thrombosis, and premature heart attack. It is also implicated in many other health problems including repeated miscarriages, neurological problems, early dementia and migraines. It is often associated with lupus, and mimics the symptoms of other diseases, including MS. Symptoms include; migraines and headaches, recurrent miscarriage, memory loss, slurred speech, blood clots, poor circulation, muscle pain and cramps, blurred vision, extreme fatigue, epilepsy, strokes, thrombosis and a form of angina. Because of lack of knowledge of APS in the medical establishment, sufferers are often misdiagnosed with MS or other more life-threatening conditions. This book helps the reader identify the symptoms and provides important information on diagnosis and treatment of APS. It contains many moving stories, explaining how people eventually got a diagnosis, their symptoms, the impact of APS on their lives and whether or not treatment has worked. Written in collaboration with Dr. Graham Hughes, the major researcher of APS in the UK, this book provides a clearly written informative look at an important but little-known disease.

## Book Information

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## Customer Reviews

When I was diagnosed with antiphospholipid antibodies earlier this year, I was unable to find much more information on the syndrome than a page or two on an outdated website, or the same blabittyblah medical terminology. When I tripped over this book, I ordered it, figuring it would be

little more than a glorified pamphlet. I was pleasantly surprised! While it is by no means a textbook on APA and the ramifications of living with the syndrome, it had more information on the condition than I have found ANYWHERE, including what I learned from my doctors. I initially turned straight to the recurrent miscarriages section of the book (the book is divided into chapters on the different manifestations of APA: migraines, heart conditions, recurrent miscarriages, strokes, etc.) as that is how APA affects me, but I later found the other chapters to be just as informative, even though I hadn't thought they applied to my situation. All in all, I was very pleased with this book. It exceeded my expectations!

Two years ago, after two clots while only 32-33 years old, I was diagnosed with APS. I've really searched and struggled to find information on this topic, even reading and re-reading through medical journals my doctor gave me when she couldn't find patient information to answer my questions. There exists no adequate information on this topic online. This book's content is limited but clear and concise and far exceeded my expectations. The case studies are extremely helpful. One story even clarified some critical misinformation I've carried that could have led me to my third clot! I found some parts opened my eyes (and were emotionally painful) but most were hopeful and optimistic. Most importantly, it did for me what I think the writer intended... it revived my motivation to be my own advocate, to not surrender responsibility for my medical condition to anyone (including doctors) and never stop educating myself. The only improvement to content that I could suggest is the addition of practical suggestions on prevention of symptoms and dealing with it.

This is my second review of this book. I truly wish that the book be revised or a new updated version written about this blood clotting disorder. I was diagnosed with APS in the year 2000. I had spent a full day in the ER of a well recognised hospital on Fathers Day with literally 100's of other patient's. I was treated and diagnosed as having a "bad" headache. I was sent home the next day and then called by my physician, a neurologist, who told me to come to the office as I had had a stroke. Blood work was done, at that time samples were sent to two different states, and an autoimmue specialist came up with the problem. I have suffered many different and related symptom's since and most are revealed in this small book. It is now a very simple blood test. It is very unfortunate that many doctors and others in the health care field do not even know of this blood disorder at this point in time. It is even more mentally disrupting that the disorder is not even discussed in medical facilities yet. I was told by one of my doctor that I probably know more about APS than 'most' doctors and I am 86 years old and fighting the illness day by day. APS also complications other medical problems

such as having a tooth extraction or even worse a surgical procedure. Please read this small book. If you have the disorder give copies to your doctor's and family members. I have probably purchased about 6 copies and intend to buy additional copies today.

I have done a lot of online research regarding APS. While most sites have nice information, it is usually only a page or two, highlighting bits and pieces. This book really pulls it all together, clearly linking symptoms to help define the "big picture" - both historical and forward looking. It is also in an easy to read format that covers a good amount of information without being overwhelming. Nice credibility with the Foreword by Dr. Hughes and Dr. Roubey. This is a must have for APS patients and family!

I bought this book in 2008 when my father was diagnosed. Even though there is information on the Internet it was so nice to have the information in one easy to read location. I was so impressed with the book that I bought a copy for my parents and siblings. We have several family members that have this syndrome but didn't know what was wrong, I just gave my copy to a professor in a nursing program because my dad is in the hospital and we are still having a difficult time finding doctors that know of the syndrome. I am ordering more copies so that I can give them to others to help spread the word.

Great book and very helpful. I've always tried to be positive in the diagnosis I received less than 1 year ago. APS is not a fun disease, but can be managed with the right attitude and helpful doctors. A+ and hats off for this book.

Very informative! As someone who has Hughes Syndrome it's very frustrating the lack of information I've received from my doctors and even online. This book answered lots of my questions and the stories from other people that have Hughes syndrome made me feel like I wasn't alone or crazy because of my symptoms. This is a necessity for anyone with APS.

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