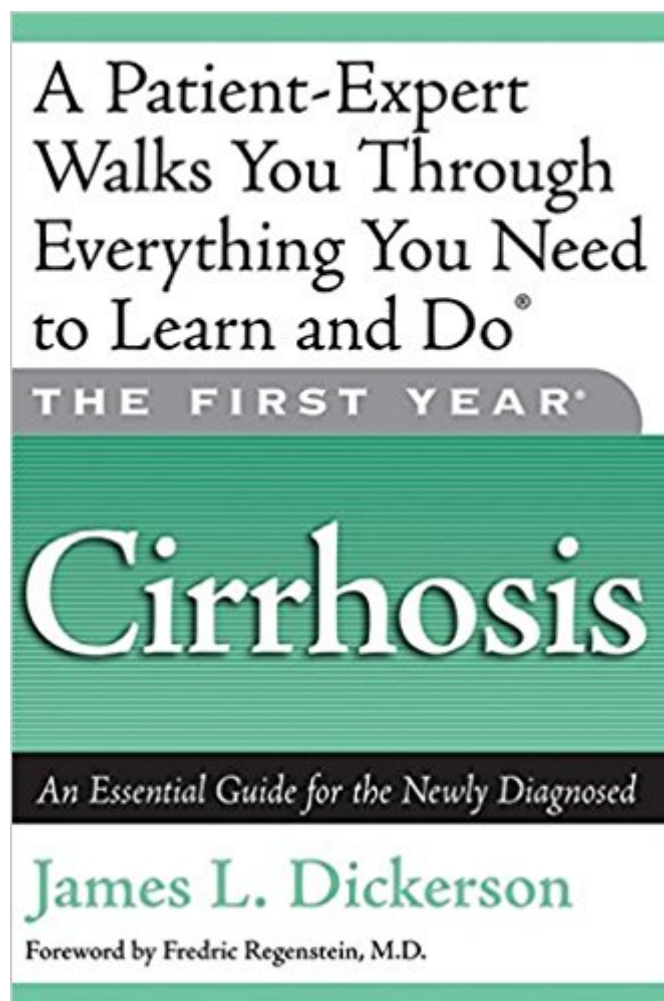


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# The First Year: Cirrhosis: An Essential Guide For The Newly Diagnosed



## 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

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## Customer Reviews

James L. Dickerson is the founder of Sartoris Literary Group and is the author of 20 nonfiction books. He was diagnosed with cryptogenic cirrhosis in 2005. He lives in Brandon,

Mississippi. Fredric Regenstein, MD is chief of clinical hepatology at the Tulane University Medical

Center and co-director of the Transplant Center in New Orleans, Louisiana.

Very helpful. Good source to refer back to from time to time. Hard to find clear, honest facts from doctors or advice on line about cirrhosis. I wish more people were educated about the subject. I found making myself "smarter" about cirrhosis helps me ask the questions that will get me the right answers. Thank god for this book.

Really helped me. Wish I had had it the first day I got diagnosed. Wish it had more info about what to eat. Author just kind of pushes off the responsibility and tells you to go research other diets. Wish those were actually contained in here, because that is my biggest question right now is what do I eat. Still though, this book made me feel a lot better. Even though some of the info was basic, it was good reinforcement and explained it in a really easy to understand way. I also liked the affirmation of her saying you're not a bad person if you got this disease. I REALLY needed to hear the stuff in this book.

Unfortunately, not everybody thinks like the author. I appreciate the approach and passion that Ms Becker put into the learning and writing of this book. Excellent and understandable coverage of everything from the testing to biochemistry to available drugs to personal diet management. It really is the best book I could imagine on this subject. My problem... I'm not disciplined enough to keep it all together. My time horizon for control is longer than "The First Year". That said, I would not hesitate to (and do) recommend this book to any recipients of "Type 2 Diabetes".

When I was diagnosed with T2 diabetes 8 years ago, I checked about 20 books out from the library to educate myself about the disease. This was the only one I bought and still use (have on Kindle now too), and the only one that laid out advice in an easy to follow format with understandable advice from a patient's perspective. Diabetes diagnoses can be scary and this really helped me. Eight years later, I've kept over 50 lbs off and am still not on insulin. I still have diabetes, but it is possible that following the advice I found here, along with lots of effort, will help me avoid insulin and health problems from diabetes indefinitely. I have purchased it three times from for friends and family who were diagnosed with T2 diabetes in the past few years. All say the same: So much easier to have a guide than try and remember everything the doc and nutritionist says. Highly recommend for anyone with T2 who wants real-life advice on how to be healthy and stay that way.

Not my absolute favorite on the topic, but very high on my list of 20+ books I've read/examined. (I gave myself permission to set aside or return to the library the ones that annoyed me early on.) It's a lot to absorb -- but so is prediabetes/type 2 diabetes a lot to deal with. This is good and thorough and reflects both the excellent writing of an experienced medical/technical writer and the personal touch of a type 2 diabetes patient.

This book has been so informative! I feel more able to manage my recently diagnosed Type 2 diabetes with the help of this book. I'd recommend it to anyone who has just received this diagnosis and doesn't know where to begin living as a diabetic.

This book has a wealth of information. I have no medical background and found everything written in an easily understandable style. This book will be a great resource. The index makes it easy to find specific topic later.

I gave this 5 stars because it's more like a reference book. It's an introduction for those first diagnosed. It's also a fairly deep technical and medical view of the disease. It's very clear this is a complicated disease but there are many suggestions from veterans on what works for them and why. WMMV but this is a comprehensive book for any stage of diabetes.

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