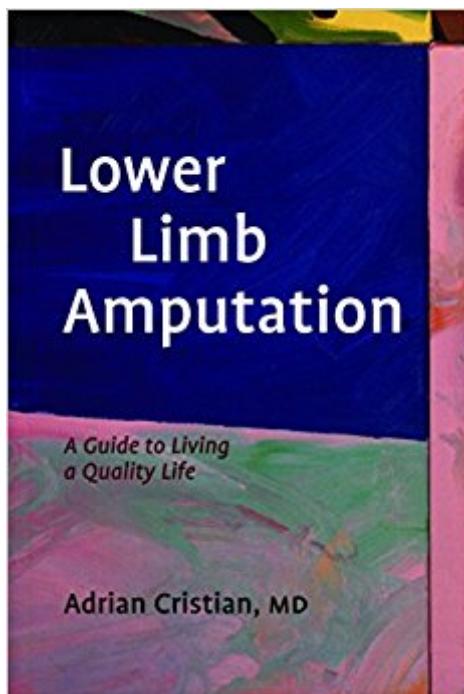


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# Lower Limb Amputation: A Guide To Living A Quality Life



## **Synopsis**

"Limb loss can occur due to trauma, infection, diabetes, vascular disease, cancer and other diseases. Lower limb amputation is relatively common and has a profound impact on a person's life, regardless of the cause. Feelings of loss and grief, difficulties in learning to walk with an artificial limb, and readjustment to an interrupted life all pose considerable challenges. Nevertheless, there are countless stories of people who have successfully overcome these problems. This book provides the practical knowledge needed to cope with the life changes caused by lower limb amputation. It demystifies the medical process and technical jargon by using plain, easily understandable language. And it is the first book to combine medical, prosthetic, and psychosocial factors in one convenient volume, including: Causes of lower limb amputation, especially diabetes, and ways to prevent further amputation Surgical techniques for lower limb amputation Learning to walk with a prosthesis The unique challenges faced by children and elderly people living with an amputation Exercising and sports with a lower limb prosthesis And much more! The outlook of this book is ultimately an optimistic one. Well-informed, knowledgeable individuals with amputations are better able to take care of themselves and are more effective self-advocates. This book gives them the tools they need to forge a productive, satisfying, and high-quality life."

## **Book Information**

Paperback: 132 pages

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## **Customer Reviews**

"...easy to read and well illustrated, useful to both patients and their families. The tone is

consistently upbeat and matter-of-fact, with emphasis on working with the rehab team, building strength, and returning to daily activities. Lower Limb Amputation would be very helpful to someone facing this surgery or to one who has recently had an amputation. It is recommended for both public libraries and consumer health collections."-- CAPHIS Consumer Health Connections"Adrian Cristian, MD's Lower Limb Amputation: A Guide to Living a Quality Life provides an important resource to those with lower limb amputation...Lower Limb Amputation covers everything from emotional and physical changes to medical self-care, choosing prostheses for individual needs, and more. A unique book addressing a topic seldom handled in-depth for lay readers." --Midwest Book Review Bookwatch"The author uses plain, optimistic language and offers practical advice about how to cope with the life changes caused by lower limb amputation." --Accent on Tampa Bay (Accent on Tampa Bay 20100503)

Dr. Adrian Cristian is Chief of the Department of Rehabilitation Medicine as well as Chief of the Amputee Care Program at the Bronx Veterans Affairs Medical Center and Assistant Professor of Rehabilitation Medicine in the Department of Rehabilitation Medicine at the Mount Sinai School of Medicine. He is a graduate of the Mount Sinai School of Medicine and its graduate medical training in Physical Medicine and Rehabilitation.

I bought this book as a gift for a recent amputee and had a browse before giving it. I confess I've not read the entire book, but what I have seen was a comprehensive guide for amputees, their friends, family or carers. It is aimed at an audience without a medical background, and attempts to provide a broad overview of all that follows the loss of a limb, including prosthetics. The language is not overly technical, and provides very helpful information about the recovery process.

Very limited, basic information. Not very helpful, just your basic advice. No new information that you couldn't get online. not worth buying.

I bought this book for my dad because he had his leg amputated recently. He said he really has learned a lot from it about his situation and recovery and the book even allowed him to learn about and choose the type of prosthesis he needs. His doctor even wrote down the name of the book!

This book is a good resource for both the amputee and their family. Very comprehensive, a good basic to understanding the amputation process, its emotional impact and the journey to recovery.

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