



Understanding Hashimoto's Encephalopathy: A Guide for Patients, Families and Caregivers

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Understanding Hashimoto's Encephalopathy is the first book ever published about this rare autoimmune disease. Hashimoto's Encephalopathy ("HE") - often referred to as Steroid Responsive Encephalopathy Associated with Thyroiditis ("SREAT") - strikes people of all ages, in all walks of life, and takes a devastating toll on patients and their loved ones. Nevertheless, the disease is poorly understood, and continues to puzzle physicians and researchers around the globe. As a result, patients with HE often remain undiagnosed for months or even years, if they are lucky enough to be diagnosed at all. Here, readers will learn the symptoms, diagnostic criteria and challenges, and treatment options for HE, as well as a discussion of the scientific theories regarding the causes and diagnostic markers of the disease. For clinicians and others interested in reviewing the latest scientific research, the book contains citations and internet links to over 100 scientific articles about HE/SREAT published between 2010 and 2013. At the heart of the book are first-person narratives from 48 HE patients and caregivers in the US, the UK, Europe, and Australia, which provide a never-before-available glimpse into the debilitating effects of HE as told by those who live with the disease day in and day out. Patients describe their symptoms, their struggle to find a diagnosis, and their treatment experiences. The book includes a separate section devoted to the stories of pediatric HE/SREAT patients, as told by their parents. Understanding Hashimoto's Encephalopathy offers a comprehensive picture of HE/SREAT that is helpful for physicians new to the disease yet told in language accessible to the layman. **DISCLAIMER:** As with all books, Understanding Hashimoto's Encephalopathy is not intended to be and should not be considered to constitute medical advice.

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