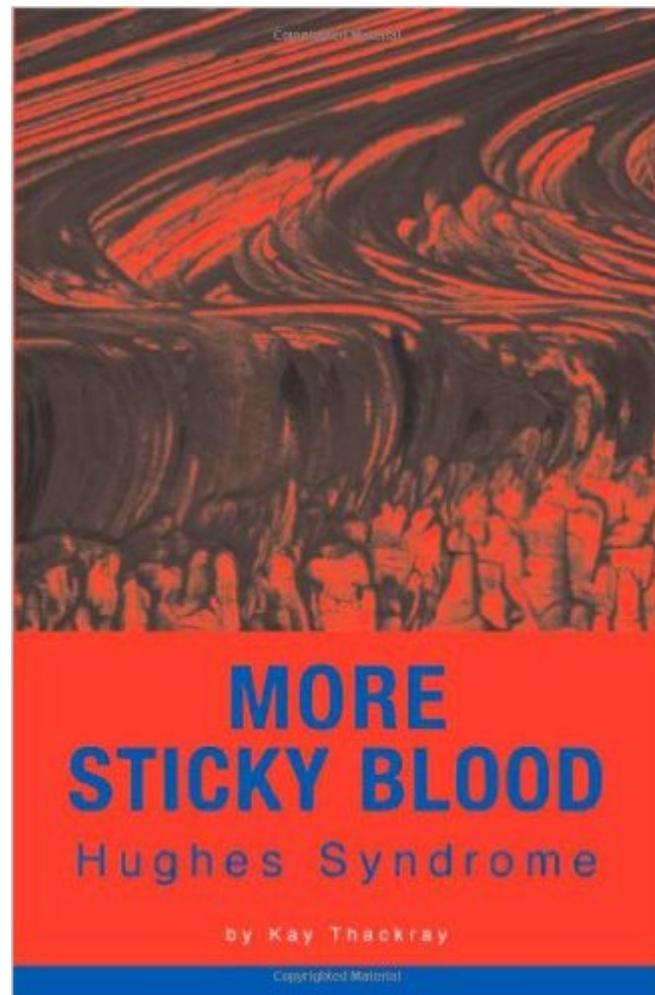


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# More Sticky Blood



## **Synopsis**

Antiphospholipid Syndrome (or Hughes Syndrome as it is also known) is an illness that it is not well understood by doctors, let alone patients as yet. Kay Thackray's first book: 'Sticky Blood Explained' attempted to demystify the illness, as few existing books were aimed at the ordinary person with antiphospholipid syndrome. Many common symptoms were not discussed in print elsewhere and many people bought extra copies of the book for their doctor or family to increase their understanding. In this second book the author has tried to continue to explain all that she knows and understands about this disorder in a friendly and accessible way. So much changes so quickly with an illness that is only 20 years old and new discoveries are made and need to be passed on to those who live with Hughes Syndrome. It is a continual process learning about this illness, and Kay speaks to many people including Dr Graham Hughes, the man who Hughes Syndrome is named after, and fellow patients. It is all too easy to use technical terms and sound super-intelligent, the problem is that only a select few will understand! The author has found that writing in the same way that she talks to people gets the message across and simplifying facts that are hidden in complicated medical reports is appreciated by many! The book also covers the author's own life and challenges which allow her to understand and empathise with the reader, because she has been there. "I know my writing helps many to cope with this terrible illness because they tell me so and that gives me more pleasure than I can tell." Kay Thackray

## **Book Information**

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## **Customer Reviews**

For anyone with APS or a anyone who has a family member or friend with APS, this is a must have

book. Share it with your friends, families and doctors. Everyone will learn a lot about APS and understand you much better. Thanks Kay!

Having previously read Sticky blood from this author, I was interested to see if the changes in medical opinion and the accepted symptoms of this 'strange' disease had been covered. To my surprise they were not only covered, but surpassed with actual case references to back up the medical theories. This book should be on the 'Must Have' list for any patient with antiphospholipid Antibody Syndrome (sticky blood or Hughes Syndrome), their families, friends and their physicians, as it gives a great insight into both the disease and the effects on both patients and families. Regards Eddie Bulfin

This book is full of information! A quick reference, this book is a must have for the library of anyone with APS or who loves someone with APS. I am surprised to see negative reviews for a book just because the information is already on the internet. I could find nearly any recipe on the internet, but I still own a cookbook. I could find every version of the Bible online, yet I still have the printed text. The information in Kay's book is worth having in a printed and bound collection. Thanks, Kay!!

The authors first book was informative and contains wonderful descriptions of this disease and its effects and treatment. This book follows up with medical studies, case histories, and detailed information. It is great information for families and friends too.

Kay Thackray has hit another home run with the follow up to her first book on Antiphospholipid Syndrome. The medical community is still far behind in the learning curve of this disease and it is always helpful for the newly diagnosed to have these resources to acquaint themselves with the finer points of what it is to be an APS patient. Ms. Thackray shines a beacon on the syndrome and offers support through her experience and words that is invaluable for anyone affected by APS. Kudos to Kay Thackray!

I enjoyed Kay Thackray's first book and purchased her second one. She gives a firsthand account of what it's like living with this disorder. This book is perfect for the newly diagnosed, I highly recommend it.

Another excellent publication from Kay Thackray. Highly recommended.. a must for sufferers of

## Antiphospholipid Syndrome. BUY IT NOW!

I have just finished this book and give it 5 stars. It is amazing how the author nails everything that I have been experiencing throughout this illness. My mom is reading it now too.

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Blood Type Diet: An Essential Guide For Eating Based On Your Blood Type (blood type, blood type diet, blood type a, blood type o, blood type ab, blood type b, blood type diet success,) More Sticky Blood High Blood Pressure Cure: How To Lower Blood Pressure Naturally in 30 Days (Alternative Medicine, Natural Cures, Natural Remedies, High Blood Pressure ... Cures for High Blood Pressure, High Bl) Hollywood Babylon Strikes Again!: More Exhibitions! More Sex! More Sin! More Scandals Unfit to Print (Blood Moon's Babylon) Blood Pressure Box set: Blood Pressure Solution - How To Lower Your Blood Pressure & Cholesterol Without Medication, Just By Using Natural Remedies and Diet! Blood Pressure Solutions:Blood Pressure: 28 Super-foods that will naturally lower your blood pressure (super foods, Dash diet,low salt, healthy eating) Eat Right For Your Blood Type: A Guide to Healthy Blood Type Diet, Understand What to Eat According to Your Blood Type Mediterranean Diet: Mediterranean Diet For Diabetes-A Beginners Guide On Weight Loss While Lowering Your Blood Sugar To Reverse Type 2 Diabetes(Mediterranean ... blood sugar diet,the blood sugar solution,) Meals by Blood Type: Getting Your Life Back on Track With 35 Recipes That Fit Your Blood Type (Blood Type Diet & Low Cholesterol) Lower Your Blood Sugar For Diabetes: An Essential Treatment Guide For Diabetes(Beginners Guide to Reverse Type 2 Diabetes,insulin Resistance,Inflammation) ... blood sugar diet,the blood sugar solution,) All Blood Counts: A Manual for Blood Conservation and Patient Blood Management Sticky Faith: Everyday Ideas to Build Lasting Faith in Your Kids Sticky Teams: Keeping Your Leadership Team and Staff on the Same Page Can I Ask That?: 8 Hard Questions about God and Faith [Sticky Faith Curriculum] Student Guide Gullah Home Cooking the Daufuskie Way: Smokin' Joe Butter Beans, Ol' 'Fuskie Fried Crab Rice, Sticky-Bush Blackberry Dumpling, and Other Sea Island Favorites Great British Puddings: 140 Sweet, Sticky, Yummy, Classic Recipes from the Pudding Club of Great Britain Ricky Sticky Fingers Those Icky Sticky Smelly Cavity-Causing but . . . : Esos sucios pegajosos olorosos causantes de caries pero . . . invisibles gÃ©rmenes (Spanish Edition) Sticky Notes: A Clean Romance (Ethel King Series Book 1) Law of Attraction: Unleash The Secret Power Within and Learn How To Manifest More Money, More Love, More Success, More Abundance In No TIme: (Special Bonus: ... Money, Success, Happiness & Love,)

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