



New Book for HHT Patients & Families

Living With HHT: Understanding and Managing Your Hereditary Hemorrhagic Telangiectasia



Sara Palmer, PhD has written the first comprehensive book on HHT, published by Johns Hopkins University Press. A Cure HHT Board Member, Sara has HHT herself. As a psychologist, she is an expert in helping people cope with health conditions. She draws on current research as she thoroughly describes the symptoms of HHT, explains how the diagnosis is made (and often missed), and details screening and treatment options. Sara also addresses the effects of HHT on mood, quality of life and relationships, and how patients can maintain their own emotional

health, help other family members including children, partners and parents, and live life as fully as possible.

Enriched with illustrations, personal stories of people living with HHT, a glossary, and contact information for the HHT Centers of Excellence, this is a complete resource for individuals with HHT and their families.

Sara is a part-time assistant professor in the Department of Physical Medicine and Rehabilitation at Johns Hopkins University School of Medicine. She is the co-author of *When Your Spouse Has a Stroke: Caring for Your Partner, Yourself and Your Relationship*, as well as other books. She is a frequent presenter at Cure HHT Patient and Family Conferences.

Dr. Sara Palmer is donating all book royalties to Cure HHT and when you order the *Living with HHT* book through Amazon Associates, Cure HHT will also receive a portion of the sale. To order through Amazon Associates, please visit: <https://bit.ly/2xNKEZQ>

