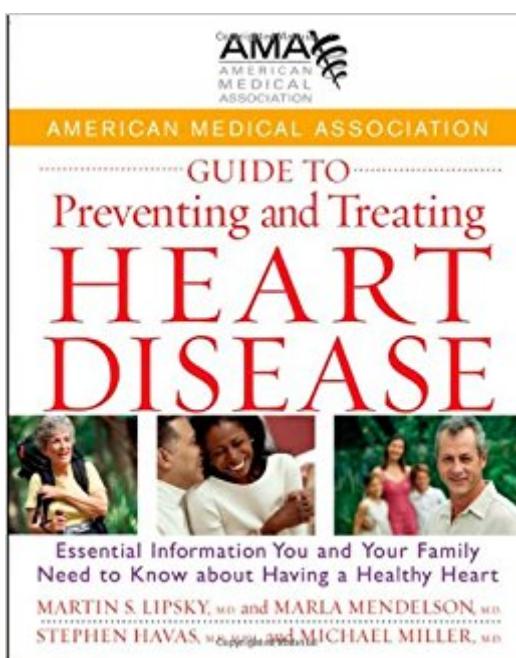


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# American Medical Association Guide To Preventing And Treating Heart Disease: Essential Information You And Your Family Need To Know About Having A Healthy Heart



## Synopsis

More Than 3 Million American Medical Association Books Sold. American's most trusted medical authority shows you how to prevent and treat heart disease. When you or someone you love is diagnosed with cardiovascular disease, it's important to know the facts, which can help save a life. In the American Medical Association Guide to Preventing and Treating Heart Disease, you will learn everything you need to know about heart disease to ensure a long, full, and active life. Authoritative and up to date, the American Medical Association Guide to Preventing and Treating Heart Disease explains the most common forms of heart and blood vessel disease and lays out practical strategies to get you on the road to better health. The book also provides up-to-date information on women and their unique heart disease risks and symptoms as well as information on heart-healthy eating, including the National Heart, Lung, and Blood Institute's DASH diet. Even if heart disease runs in your family, you can still lower your risk of developing it by following the simple guidelines found in this comprehensive resource. For every 3 pounds you lose, there is a corresponding drop of about 2mm Hg in your diastolic pressure, and by bringing down your blood pressure to healthy levels, your risk of stroke can be reduced by 35 to 50 percent. If you have already had a heart attack or a stroke, this book offers vital practical information on preventing another one. Highlighting prevention, lifestyle changes, testing, and treatments, the American Medical Association Guide to Preventing and Treating Heart Disease provides you and your loved ones with the essential tools you need to reclaim a healthier life.

## Book Information

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## Customer Reviews

Heart disease is the leading cause of death and a major cause of disability in both men and women in the United States today. The good news is that with knowledge and practical lifestyle changes, heart disease is both treatable and preventable. In the American Medical Association Guide to Preventing and Treating Heart Disease, you'll learn everything you need to know to lessen your risk of cardiovascular disease, take control of it if you have it, or help a loved one. Heart and blood vessel disease takes many forms, including high blood pressure, coronary artery disease, vascular heart disease, congestive heart failure, arrhythmias, and stroke. Drawing on the most authoritative information and the most up-to-date research, the American Medical Association Guide to Preventing and Treating Heart Disease helps pinpoint your major risk factors and shows you how to deal with them. In this comprehensive guide, you'll learn everything you need to know about your heart and how it functions, about why it is so important to quit smoking, and about heart-conscious ways to exercise. You'll also learn the critical warning signs you should tell your doctor about right away, and how heart disease manifests itself differently in women and men. The book empowers you to take charge of your family's treatment regimen by providing essential facts on vital topics including: How to control your cholesterol level and why this is so crucial; The latest information on medications, including high blood pressure medications such as ACE inhibitors, angiogenesis 2 receptor blocks, cholesterol-lowering statins, antiarrhythmia drugs, and more; Women-specific heart disease symptoms; How to lower your blood pressure in as little as 2 to 4 weeks through diet; Painless ways to incorporate exercise into your day; The role of inflammation in atherosclerosis; The effects of saturated fats and trans fats on cholesterol levels; Symptoms of cardiac arrest, stroke, angina, heartburn, and arrhythmias—and how to tell them apart; How birth control pills, pregnancy, menopause, and hormone therapy can affect a woman's cardiovascular health. By following the recommendations and guide-lines found in the American Medical Association Guide to Preventing and Treating Heart Disease, you can minimize or even eliminate the risk of serious complications of cardiovascular disease while optimizing your family's health.

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