



Heart Owner's Handbook

Texas Heart Institute

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TEXAS HEART INSTITUTE HEART OWNER'S HANDBOOK One of the most respected cardiovascular research and education facilities in the world brings you everything you need to know about achieving and maintaining a healthy heart and lifestyle. This clearly written, practical guide puts you on the road to heart-smart, good health today-and keeps you on it tomorrow. Begin by taking the Institute's simple test to evaluate your heart's health and identify your individual risk factors. Then, use the easy-to-follow, step-by-step programs to improve your overall health, while significantly reducing your risk of heart disease. Specifics include: * Exercise What exercise can do for you, what kind of exercise you should do, and how much is enough (Chapters 2 and 15) * Weight Control What body type are you? A practical approach to what you can do to attain a healthy weight (Chapters 4 and 16) * Stopping Smoking The truth about cigarettes, with specific information on women and smoking, and smoking and the heart patient (Chapters 5 and 17) * Managing Stress How stress affects your body, and how to measure and reduce it (Chapters 7 and 18) * Controlling High Blood Pressure The different types of high blood pressure, how to detect it, and what to do about it (Chapter 8) * Lowering Your Cholesterol Count Charts and tables help you learn about "good" and "bad" cholesterol, how much is too much, and how you can control it (Chapter 9) * Nutrition The fundamentals of proper nutrition, including the latest guidelines on fat and calories (Chapters 3 and 21) * Recipes 31 delicious, heart-smart recipes that make it easier than ever for you and your family to enjoy healthy eating (Chapter 21) * The Differences Between Men's and Women's Heart Health Specific information addressing pregnancy and childbearing, hormones, menopause, and their relationship to heart disease (Chapter 11) * Diagnosis and Treatment How to recognize the symptoms of heart disease, what to ask your doctor, and the facts about heart surgery and drug therapy (Chapters 23, 26, and 35) Millions have discovered the benefits of the Texas Heart Institute's unparalleled experience and knowledge. Now you can, too, regardless of your age, gender, or health history. Texas Heart Institute Heart Owner's Handbook is like having your own personal heart specialist on call 24 hours a day. "This book, from one of the world's most prestigious heart centers, is a veritable treasure chest of information concerning the diagnosis, treatment, and-especially-the prevention of cardiovascular diseases. I enthusiastically recommend it to anyone interested in staying 'heart healthy'." -Roman W. DeSanctis, M.D. Professor of Medicine, Harvard Medical School Director, Clinical Cardiology, Massachusetts General Hospital "A great owner's manual for the heart-comprehensive, coherent, and caring-from the institute founded by Denton Cooley, the best of the best." - Albert Starr, M.D. Professor of Surgery, Oregon Health Sciences University Director of Heart Institute, St. Vincent Hospital Portland, Oregon "Provides concise, easy-to-understand, and up-to-date information on heart disease, from the staff at the acclaimed Texas Heart Institute. It will undoubtedly serve as a practical guide for preventing heart attacks and helping to reduce risks and complications of heart disease." -Valentin Fuster, M.D., Ph.D. Director, Cardiovascular Institute Dean of Academic Affairs, Mt. Sinai Medical Center "The most comprehensive self-help guide available in the area of heart disease ...As applicable to international readers as to those in the U.S. Everyone who has concerns about their health would benefit from the wealth of knowledge and advice presented." -Steven Westaby Consultant Cardiothoracic Surgeon Oxford Heart Centre, John Radcliffe Hospital Oxford, England

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Ed Abraham:

This Heart Owner's Handbook is great publication for you because the content that is certainly full of information for you who also always deal with world and have to make decision every minute. This particular book reveal it facts accurately using great manage word or we can claim no rambling sentences inside it. So if you are read it hurriedly you can have whole data in it. Doesn't mean it only gives you straight forward sentences but challenging core information with splendid delivering sentences. Having Heart Owner's Handbook in your hand like finding the world in your arm, information in it is not ridiculous one particular. We can say that no reserve that offer you world with ten or fifteen second right but this e-book already do that. So , this really is good reading book. Heya Mr. and Mrs. active do you still doubt this?

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