



Heart Disease

John M. Kennedy



Heart Disease:

American Medical Association Guide to Preventing and Treating Heart Disease American Medical Association, Martin S. Lipsky, Marla Mendelson, Stephen Havas, Michael Miller, MD, 2008-09-22 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.

The First Year: Heart Disease Lawrence D. Chilnick, 2008-01-23 By the co-creator of the New York Times bestselling *The Pill Book*, key medical diet and lifestyle strategies for managing cardiovascular disease in the year post diagnosis.

Heart Disease for Dummies® James M. Rippe, 2009-08-12 Consider these facts: One American dies of heart disease every 33 seconds, amounting to almost one million deaths every year. Almost one in four Americans has one or more types of heart disease. Considering all risk factors for heart disease—high blood pressure, high cholesterol, smoking, being overweight, physical inactivity—not one family in America is left untouched by heart disease. Regardless of your age, sex, ethnicity, and current heart health, you can acquire the knowledge and take action to work toward a healthier heart and the benefits that go with it. As you hold this book in your hand to read these facts, your heart is beating away in your chest, sustaining your life. Although it's about the size of a clenched adult fist and weighs less than a pound, your heart beats 40 million times a year and generates enough force to lift you 100 miles into the atmosphere. What an amazing and absolutely essential machine.

The New Science of Fighting Silent Heart Disease Harold L. Karpman, 2020-09-01 On average, 50% of all heart attacks are silent—that is, they are painless and leave behind damage that remains undetected unless the patient and his or her doctor are looking for it. Silent heart disease is a significant cause of sudden death, America's number one public health problem, with more than 600,000 sudden deaths and 1.5 million heart

attacks occurring in the U S each year This book tells you everything you need to know in the order to detect and treat this silent killer Written by a celebrated cardiologist who has successfully treated thousands of patients in his career spanning 50 years it offers practical advice for all readers and provides insight into a type of asymptomatic cardiac condition that affects almost half of all those afflicted with heart disease

The American Medical Association Guide to Heart Care Douglas Gasner, American Medical Association, 1984 Abstract The prevention and treatment of cardiovascular disease is thoroughly presented in this guide for heart disease patients and others interested in delaying or preventing heart problems Aspects of heart care that are discussed include 1 what researchers have found in the area of preventive care for heart disease 2 scientific advances in treating those who have had heart attacks and 3 the latest medical advances in cardiovascular research and implications for the future Normal heart function is described and risk factors for developing heart disease such as diet cholesterol saturated fat stress smoking high blood pressure diabetes mellitus and obesity are presented Diagnosis of cardiovascular disease is explained and different types of heart problems including heart attack cardiac arrest angina heart block and congestive heart failure are defined Treatments for cardiovascular disease that are discussed include bypass surgery artificial pacemaker implantation heart transplant and artificial heart surgery Features of the guide include a chart of the do s and dont s of heart care and a glossary of lay terms aj

Heart Disease Robert Myers, 2004 A practical up to date health guide to heart disease for patients and their families that includes its biology and physiology explains the medical concepts and jargon and is written by an experienced doctor

Progress against Heart Disease Fred C. Pampel, Seth Pauley, 2004-07-30 In the last 35 years declining deaths from heart disease have translated into 13 million lives saved and extended Medical treatments and lifestyle changes have dealt successfully with the serious heart problems of Vice President Richard Cheney talk show host David Letterman Disney ABC CEO Michael Eisner and countless other less famous people In the past those with serious heart disease would have died young but today can live long and active lives Few families have not benefited from improvements in the way we treat and prevent heart problems yet we often hear that poor lifestyles and the limitations of modern medicine threaten our health and well being Although room for improvement always remains this book provides evidence to the contrary we have made and continue to make tremendous progress in dealing with heart disease In reviewing the progress being made in this crucially important area of health Pampel and Pauley offer an optimistic view of the potential for continued improvement and for longer healthier lives Despite the prevalence of heart disease deaths from this cause have declined greatly in past decades From its peak in 1968 the heart disease mortality rate has fallen by 52% for men and 48% for women That translates into over 13 million lives saved and extended The lives saved are not limited to the very old To the contrary heart disease mortality has fallen faster among the young and middle aged

Heart Disease Regis A. de Silva, 2013-01-24 Disease conditions that affect the human heart and the methods used to diagnose and treat them are all covered in one concise volume Written by a past president of the Boston Chapter of the American Heart

Association Heart Disease is a comprehensive account of the leading cause of death in the West Sequential chapters describe the structure and function of the heart the various disease states and the treatments for each major disease In addition the book examines the vast array of diagnostic tests and the most advanced treatments available from basic drugs for prevention such as aspirin to transplants and artificial hearts Dr de Silva who teaches at Harvard Medical School also covers historical aspects of heart disease discoveries about the structure and function of the heart and the ways in which heart disease can be diagnosed and treated Underlying conditions that affect the heart are described and linked to the treatments and devices used to correct disease conditions

The Expert Guide to Beating Heart Disease Harlan M. Krumholz, 2024-01-17 What Do the Best Trained Doctors Do to Beat Heart Disease In today s avalanche of medical information how can you distinguish between proven evidence and unfounded claims This is the first book to translate key medical data into clear guidelines capturing the highest treatment standards for heart disease Renowned cardiovascular expert Dr Harlan Krumholz presents seven strategies for reducing cardiac risk what professionals agree really works In this indispensable handbook he also profiles care alternatives from supplements to stress reduction as well as treatments on the horizon A Tools for Success section helps you track blood pressure cholesterol exercise and weight

Pathophysiology of Heart Disease Leonard S. Lilly, 2024-10-07 Designed to effectively prepare readers for their first encounters with patients with cardiovascular disease Pathophysiology of Heart Disease An Introduction to Cardiovascular Medicine is an award winning text consistently preferred by medical students and faculty worldwide In this fully revised 8th Edition Dr Leonard S Lilly and a team of internationally recognized Harvard Medical School faculty and select cardiology fellows and internal medicine residents have ensured that you will be equipped with a clear complete and clinically relevant understanding of cardiovascular pathophysiology providing a strong foundation for patient diagnosis and management

Understanding Heart Disease Arthur Selzer M.D., 2023-11-15 Diseases of the heart are the leading cause of death in the Western world Health professionals and the general public alike eagerly watch advances in the prevention diagnosis and treatment of heart disease Yet the more spectacular aspects of medical progress in the field are often reported prematurely and their potential benefits exaggerated Written in clear accessible language this book presents an authoritative and balanced picture of how heart diseases are recognized and managed From his many years of experience Dr Selzer believes a well informed patient can cooperate more successfully with a physician and his book includes information vital to anyone confronting heart problems and cardiac emergencies This title is part of UC Press s Voices Revived program which commemorates University of California Press s mission to seek out and cultivate the brightest minds and give them voice reach and impact Drawing on a backlist dating to 1893 Voices Revived makes high quality peer reviewed scholarship accessible once again using print on demand technology This title was originally published in 1992

Understanding and Dealing with Heart Disease Keith Souter, 2014-04-07 The effects of coronary heart disease include angina heart failure abnormal heart rhythms and most

importantly heart attacks This book gives the basic information needed to understand coronary artery disease and most essentially how to deal with it

Heart Disease Lynne McTaggart, 2016-02-23 One of the most respected U S health magazines cuts through the myths surrounding heart disease to provide effective prevention and treatment strategies Heart disease remains the leading cause of death for both men and women in the West yet so little is known about it Despite the billions of dollars spent on researching its causes conventional medicine continues to offer treatments that are based on false observations Many still believe for example that fatty foods clog the arteries they don't and that LDL cholesterol is the villain it's not it's merely a symptom Find out the real causes how to treat heart disease and how to prevent it in this essential guide

What Doctors Don't Tell You is a well respected international magazine that has been researching medicine alternative and conventional since 1989 It is now widely regarded as one of the best health newsletters in the world Now in association with What Doctors Don't Tell You Hay House is publishing an authoritative new series of books each focusing on a common health condition or concern to help readers make informed decisions about their health and the health of their families

Beating Heart Disease Diamond Fernandes, 2018-01-12 Heart disease is the number one cause of death and hospitalization in developed countries and yet it is largely preventable Think about that for a moment How is that possible What is required is good information Did you know that more than half of those suffering from cardiovascular disease have cholesterol in the normal range Would it surprise you to learn that the majority of cardiovascular events are attributed to blockages of less than fifty percent Your arteries are a muscle not a pipe therefore beating heart disease takes work but it can be done Diamond Fernandes is an authority on heart health and in this book he shares how you can navigate heart disease along with his five powerful pillars to preventing and reversing heart disease

Ischemic Heart Disease: Causes, Symptoms and Treatment Scarlett Warren, 2021-11-16 Ischemic heart disease IHD also known as coronary artery disease is a condition of the heart in which there is a reduction in the blood flow to the heart muscle This occurs due to an accumulation of plaque in the arteries of the heart Sustained obstruction of the blood flow to the heart results in ischemia and myocardial infarction This leads to damage to the heart and eventual death if not resolved Ischemic heart disease can occur in individuals of any age group but is more common in older adults It is a leading cause of death in the world today Nearly half of the cases of IHD have a genetic influence Smoking and obesity are other risk factors Chest pain is a common symptom of IHD Symptoms are often not present and the first sign is a heart attack in many cases Revascularization particularly hybrid coronary revascularization angioplasty and coronary artery bypass grafting are certain procedures for treating acute coronary syndrome Anti platelet therapy calcium channel blockers and beta blockers along with lifestyle changes may be recommended for the long term control of the disease This book contains some path breaking studies in the diagnosis and treatment of ischemic heart disease It outlines the causes and symptoms of ischemic heart disease in detail A number of latest researches have been included to keep the readers up to date with the diverse aspects of this medical condition

Outliving Heart Disease A. Stein, 2009-08-18 In the last decade the rules for outliving heart disease living well with your heart until you die of some other cause have changed dramatically Dr Richard Stein the director of Preventive Cardiology at Beth Israel Hospital in New York City cuts through the constant stream of new reports and often contradictory information about preventing and treating heart disease with his 10 new rules Rule No 1 Be Alert to Symptoms that Signal Imminent Heart Attack Rule No 2 Know Your Risk for Having a Heart Attack in the Next 10 Years Rule No 3 Take a Statin Rule No 4 Exercise It s a Proactive Way to Reduce Heart Disease and Heart Attack Risk Rule No 5 Eat Well Diet Guidelines for Heart Health Rule No 6 Understand the Mind Body Connection Rule No 7 Explore Alternative Treatments Rule No 8 Keep Up with the Latest Tests and Treatments Rule No 9 Understand the Connections to Your Gender and Your Heritage Rule No 10 Partner with Your Doctor to Reach Your Heart Health Goals In plain English Outliving Heart Disease explains Vascular changes that take place as you age and how they affect your heart The specific risk factors affecting women African Americans and other groups The latest research on statins those miracle drugs that have revolutionized the prevention and treatment of heart disease How to create a heart healthy diet and cardiovascular exercise program How depression anxiety and stress impact the heart and what you can do about it Updated with the most current therapies and diagnostic techniques this is the guide for every man and woman to prevent and treat heart disease The Heart Health Bible John M. Kennedy, 2014-02-04 Follow your H E A R T Heart disease remains the 1 killer of men and women in the U S claiming nearly one million lives each year more than ever before despite recent advances in medical research that are paving the way for us to live longer healthier lives Our supercharged modern lifestyle can still damage our hearts and put us in danger of cardiovascular events The good news is that in most cases optimal heart health can be achieved without a prescription Yet there s no magic bullet or quick fix reversing and ultimately preventing heart disease requires a long term sustainable approach In The Heart Health Bible Dr John M Kennedy draws on more than twenty years of experience as a preventative and interventional cardiologist to offer an empowering approach to heart health with H E A R T a five point plan to lower your risk of cardiovascular disease Heal your blood pressure Energize your heart Act on fat Reduce blood sugar Tackle triglycerides Dr Kennedy show how to incorporate each of these steps into your daily routine creating a foundation for wellness that can save your life The Heart Health Bible also includes Dr Kennedy s 5 for 1 Diet featuring heart healthy foods and recipes as well as a plan to help parents start their kids on a heart healthy lifestyle **State of the Heart** Haider Warraich, 2019-07-23 In State of the Heart Dr Haider Warraich takes readers inside the ER inside patients rooms and inside the history and science of cardiac disease State of the Heart traces the entire arc of the heart from the very first time it was depicted on stone tablets to a future in which it may very well become redundant While heart disease has been around for a while the type of heart disease people have why they have it and how it s treated is changing Yet the golden age of heart science is only just beginning And with treatments of heart disease altering the very definitions of human life and death there

is no better time to look at the present and future of heart disease the doctors and nurses who treat it the patients and caregivers who live with it and the stories they hold close to their chests More people die of heart disease than any other disease in the world and when any form of heart disease progresses it can result in the development of heart failure Heart failure affects millions and can affect anyone at anytime a child recovering from a viral infection a woman who has just given birth or a cancer patient receiving chemotherapy Yet new technology to treat heart failure is fundamentally changing just what it means to be human Mechanical pumps can be surgically sown into patients hearts and when patients with these pumps get really sick sometimes they don t need a doctor or a surgeon they need a mechanic In State of the Heart the journey to rid the world of heart disease is shown to be reflective of the journey of medical science at large We are learning not only that women have as much heart disease as men but that the type of heart disease women experience is diametrically different from that in men We are learning that heart disease and cancer may have more in common than we could have imagined And we are learning how human evolution itself may have led to the epidemic of heart disease In understanding how our knowledge of the heart evolved State of the Heart traces the twisting and turning road that science has taken filled with potholes and blind turns all the way back to its very origin **Heart Disease: Its Care, Cure, and Prevention** James Henry Honan,1922 **Heart Owner's Handbook** Texas Heart Institute,1996 One of the largest and most respected heart research and education facilities in the world now brings its unmatched expertise in heart health to this easy to read and practical handbook 75 charts tables graphs

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