



From The Heart Of A Woman

Daniela Niemeyer



From The Heart Of A Woman:

A Woman's Guide to Living with Heart Disease Carolyn Thomas, 2017-11-28 The daily challenges of living and coping with a chronic and progressive invisible illness Heart disease is the leading cause of death for women worldwide Yet most people are still unaware that heart disease is not just a man's problem Carolyn Thomas a heart attack survivor herself is on a mission to educate women about their heart health Based on her popular Heart Sisters blog which has attracted more than 10 million views from readers in 190 countries A Woman's Guide to Living with Heart Disease combines personal experience and medical knowledge to help women learn how to understand and manage a catastrophic diagnosis In A Woman's Guide to Living with Heart Disease Thomas explains how to recognize the early signs of a heart attack why women often delay seeking treatment and how to overcome that impulse the link between pregnancy complications and future heart disease why so many women with heart disease are misdiagnosed and how to help yourself get an accurate diagnosis the importance of cardiac rehabilitation in lowering mortality risk what to expect during your recovery from a heart attack how the surreal process of coping with heart disease may affect your daily life methods for treating heart disease related depression without drugs Equal parts memoir about a misdiagnosed heart attack guide to the predictable stages of heart disease from grief to resilience and patient friendly translation of important science based findings on women's unique heart issues this book is an essential read Whether you're a freshly diagnosed patient a woman who's been living with heart disease for years or a practitioner who cares about women's health A Woman's Guide to Living with Heart Disease will help you feel less alone and advocate for better health care

The Woman's Heart John A. Elefteriades, 2010-08-27 If you ask the average American what the leading cause of mortality in women is most would probably guess breast cancer In fact heart disease is the 1 killer of women and more women die each year from heart disease than men Moreover the symptoms of heart problems in women are very different from those in men making detection more difficult In this invaluable and engaging guide to the woman's heart two leading heart specialists focus on the unique factors affecting women's cardiovascular health Writing in language that is completely accessible to the general reader they provide crucial potentially life saving information and guidance to help women monitor their own heart health Among the topics discussed in clear easy to follow language are In what ways is a woman's heart different from a man's How do pregnancy and childbirth affect the heart and circulation What are the symptoms of heart disease in women What are the most prevalent diseases of the heart among women including mitral valve prolapse and how dangerous are they really What cardiac tests should women be taking When are medications enough and when is surgery necessary How is the heart affected by menopause and aging What are the future prospects for improving heart health and treatment for women For both healthy women and those already coping with heart disease this comprehensive owner's manual on the female heart provides essential information for living life to its fullest John A. Elefteriades MD New Haven CT is the William W L Glenn Professor of Cardiothoracic Surgery chief of cardiothoracic surgery

and professor of surgery at Yale University School of Medicine and Yale New Haven Hospital He is a past president of the International College of Angiology and serves on the editorial board of the American Journal of Cardiology the Journal of Cardiac Surgery and Cardiology The winner of the prestigious Socrates Award for the teaching of cardiac surgery he is the author with Lawrence S Cohen MD of Your Heart An Owner's Guide and House Officer Guide to ICU Care Teresa Caulin Glaser MD FACC Columbus OH is Director of Preventive Cardiology and Research at the McConnell Heart Health Center Riverside Methodist Hospital OhioHealth and a clinical associate professor of Internal Medicine at Ohio State University She is the coauthor of four medical textbooks and numerous journal articles An Ageless Woman's Guide to Heart Health Elizabeth Jackson,2013-05-14 Heart disease has long been thought of as a men's issue when it is actually the leading cause of death in both men and women In fact since 1984 more American women than men have died of heart disease Are you surprised Often at the helm of their family's overall health diet and nutrition a woman and her lifestyle decisions can affect not only her own wellbeing they can determine the habits of her partner and children as well By becoming better educated a woman can have a profound permanent impact on the health of the people around her An Ageless Woman's Guide to Heart Health is every woman's guidebook to enjoying a heart healthy life Renowned cardiologist Dr Lisa Jackson shares tips and resources to help you make positive steps toward improving your health Whether you're younger or older fit or ailing it's never too late to make changes in your life that can lead you and those you love to a healthier heart **A Woman's Guide to Heart Attack Recovery** Harvey M. Kramer,Charlotte Libov,2007-04-18 As a heart attack survivor you know that you must do everything within your power to prevent yourself from having another heart attack The reason is simple as a heart attack survivor you are at greater risk of suffering another heart attack one that could end your life A Woman's Guide to Heart Attack Recovery provides heart attack survivors with a multi-faceted approach to preventing subsequent heart attacks First you need to empower yourself and the way to do that is to learn as much as you can about your heart the heart attack treatments you may have undergone and if you've only recently had your heart attack the key steps to recuperation You also need to know what to do in an emergency in case you experience another heart attack Many chapters in this book such as the ones on high blood pressure diabetes weight control diet and exercise are filled with information on how to achieve these specific goals A heart attack can be a life-affirming wake up call and many women find their life afterward to be better than it was before Many of you will find it to be the impetus you need to make changes towards living a healthier life A Women's Guide to Heart Attack Recovery is devoted to helping you do just that Education of the Heart: woman's best work afterwards ELLIS STICKNEY (Sarah),1869 *Heart of a Woman* Sheryl L. Roush,2006-06 **The Magazine of Poetry** ,1889 Arthur's Illustrated Home Magazine ,1879 A Woman's Heart Angela Maas,2020-09-24 DID YOU KNOW women are 50% more likely to be misdiagnosed following a heart attack more than twice as many women die from coronary heart disease than from breast cancer in the UK two thirds of clinical research into heart disease focuses on men Coronary heart

disease remains the single biggest killer of women worldwide yet it is still not seen as a woman's problem Every day the female heart patient is measured by male standards which leads to confusion unclear diagnosis and often the wrong treatment In fact women are incomparable to men down to each body cell which has consequences for both health and disease When it comes to medical science cardiology is the most prominent example in which gender matters In *A Woman's Heart* Professor Maas explores how the female heart works and provides practical advice for women including The biology of the female heart how it works and ages differently to a male's The effects of female specific issues such as menopause Heart attacks in women Lifestyle tips to prevent heart disease This vital book is the result of decades of international research It exposes the gender bias in cardiology and paves the way for better heart health for women everywhere *The Young Woman's Journal*, 1904 **Van Norden**, 1909 Lovely Woman Thomas William Hodgson Crosland, 1903 **Wilson's Tales of the Borders, Etc** John Mackay Wilson, 1877 The Woman's World ... Oscar Wilde, 1889 The Heart of the New Thought Ella Wheeler Wilcox, 1920 **Woman's Work for Woman**, 1879 **Bob Taylor's Magazine**, 1909 *The Apocrypha*, 1896 The Canada Lancet and Practitioner. ..., 1902 **Synopsis of the Proceedings of the Department of Massachusetts Woman's Relief Corps, Auxiliary to the Grand Army of the Republic** Woman's Relief Corps. Department of Massachusetts, 1893

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