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a heart patient's best medicine*

*Heart
Illness
and
Intimacy* *How
Caring Relationships
Aid Recovery*



WAYNE M. SOTILE, Ph.D.

Heart Illness And Intimacy How Caring Relationships Aid Recovery

Carolyn Thomas



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Cardiac Rehabilitation Nanette Wenger,1999-06-29 This detailed reference provides practical strategies and a scientific foundation for designing and implementing cardiac rehabilitation services to relieve the symptoms of cardiovascular disease patients through exercise training and risk reduction and secondary prevention improve quality of life and decrease mortality Emphasizes multidisciplinary care that includes exercise training behavioral interventions and education and counseling regarding lifestyle changes and other aspects of secondary prevention Written by world renowned physicians nurses exercise physiologists psychologists dietitians educators and counselors in the field Cardiac Rehabilitation presents evidence based medicine as the cornerstone of clinical cardiology practice discusses interventions that limit the physiological and psychological effects of cardiac illness offers guidelines that enable elderly patients to maintain self sufficiency and functional independence describes means of social and workplace reintegration evaluates policies for maintaining high quality care efficacy and safety in an atmosphere of diminishing resources explains the role of managed care in moving rehabilitative care into the home workplace and other nontraditional sites assesses new interactive technologies that aid in tracking patient data gives pragmatic recommendations for the delivery of cardiac rehabilitative care in the next millenium and more Advocating integrated high quality consistent cardiac rehabilitation services for the well being of patients recovering from a variety of cardiovascular problems and procedures Cardiac Rehabilitation is ideally suited for cardiologists cardiovascular surgeons primary care physicians cardiac rehabilitation professionals cardiac care nurses dietitians physical and occupational therapists exercise physiologists psychologists behavioral counselors hospital managers health plan designers and upper level undergraduate graduate and medical school students in these disciplines

Heart Illness and Intimacy Wayne M. Sotile,1992-01-01 A guide to the psychological challenges of heart conditions discusses techniques for managing stress focusing on ways illness affects spouses and children and offering practical advice on sex and intimacy dealing with fear anger and gui Heart Illness and Intimacy Wayne M. Sotile,1992-01-01 **Oxford**

Textbook of Palliative Social Work Terry Altilio,Shirley Otis-Green,2011-03-28 This text is the definitive resource for practicing palliative social work clinicians It is designed to meet the needs of professionals who seek to provide culturally sensitive biopsychosocial spiritual care for patients and families living with life threatening illness 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

Thriving With Heart Disease Wayne Sotile, 2010-05-11 Not only can you survive with heart disease you can actually thrive with it for many many years If you cope well and follow the advice I give you in this book you can live as long as you would if you didn t have the illness from Chapter One Begin the Journey In this landmark volume Wayne M Sotile Ph D breaks the story that every heart patient needs to know In many cases it s how you deal with the illness and not the condition of your heart that will determine how completely you recover or if you recover at all If you re one of the 61 million Americans diagnosed with heart illness whether you ve had a heart attack high blood pressure angina or surgery the program in this book can extend your life and might even save it Many books have dealt with the physical aspects of cardiovascular illness but Thriving with Heart Disease is the first to offer patients and their loved ones a program for coping with the emotional and psychological side effects that can ravage relationships and throw families into disarray Dr Sotile s extraordinary success with cardiac patients attests to his belief that living with heart disease is not a temporary adjustment but a journey you take one moment at a time toward the healthy life you were meant to live surrounded by the people you love Based on the experiences of thousands of patients at Wake Forest University s Cardiac Rehabilitation Program the nation s first mind body center for living well with heart illness Dr Sotile s program provides step by step instructions on how to establish a robust new normal life for you and the people you care about whether you re a parent with young children a mature adult with grandchildren or a single man or woman whose family is a devoted network of friends Written with warmth and humor and filled with news of the latest research into the links between heart and brain body and soul Thriving with Heart Disease is the book that every heart patient needs to read It s not a diet book an exercise book or a cookbook It is the first self help manual to guide heart patients and their loved ones through the psychological side effects they re likely to experience and onto the path to vibrant new normal lives

Exercise and the Heart in Health and Disease Shepherd, Miller, 1998-11-05 This new edition of Exercise and the Heart in Health and Disease greatly advances the details of the first edition expanding the amount of data on how to maximize cardiovascular health through exercise A marriage of

clinical cardiology and exercise physiology this unique study improves assessment and prescription options for cardiologists sports physicians and other health professionals Presenting the up to date work of 23 world renowned experts Exercise and the Heart in Health and Disease Second Edition now contains new chapters and the latest findings on cardiovascular effects of exercise on women emphasizing access to treatment the emerging issue of overtraining and the potential danger of hypertrophy of the myocardium in athletes the links between sudden cardiac death and exercise prescribing practices that focus on a more moderate active living approach exercise as a means of ameliorating vascular stress and hypertension tailoring exercise to different age groups and for high risk patients with cardiovascular disorders the effects of exercise on conditions such as silent ischemia angina myocardial infarction and congestive heart failure the role of exercise in rehabilitation from coronary bypass surgery angioplasty and cardiac transplantation and much more Clarifies the various prescription options matching type frequency duration and intensity of exercise with the individualized needs of patients Prodigiousy referenced with almost 2000 literature citations 700 more than the previous edition and featuring over 100 highly instructive tables graphs and drawings Exercise and the Heart in Health and Disease Second Edition is indispensable for cardiologists and cardiac rehabilitation specialists nurses physiotherapists exercise physiologists sports medicine physicians internists family practitioners and medical school and graduate students in these disciplines

The Pleasure Prescription Paul Pearsall, 1996 Argues that the lack of joy in one's daily life is a more serious problem than stress and suggests five steps for attaining a better and more rewarding balance in our lives

Cardiac Rehabilitation Nanette K. Wenger, L. Kent Smith, Erika Sivarajan Froelicher, Patricia McCall Comoss, 1999-06-29 This detailed reference provides practical strategies and a scientific foundation for designing and implementing cardiac rehabilitation services to relieve the symptoms of cardiovascular disease patients through exercise training and risk reduction and secondary prevention improve quality of life and decrease mortality Emphasizes multidisciplinary care that includes exercise training behavioral interventions and education and counseling regarding lifestyle changes and other aspects of secondary prevention Written by world renowned physicians nurses exercise physiologists psychologists dietitians educators and counselors in the field Cardiac Rehabilitation presents evidence based medicine as the cornerstone of clinical cardiology practice discusses interventions that limit the physiological and psychological effects of cardiac illness offers guidelines that enable elderly patients to maintain self sufficiency and functional independence describes means of social and workplace reintegration evaluates policies for maintaining high quality care efficacy and safety in an atmosphere of diminishing resources explains the role of managed care in moving rehabilitative care into the home workplace and other nontraditional sites assesses new interactive technologies that aid in tracking patient data gives pragmatic recommendations for the delivery of cardiac rehabilitative care in the next millenium and more Advocating integrated high quality consistent cardiac rehabilitation services for the well being of patients recovering from a variety of cardiovascular problems and procedures Cardiac

Rehabilitation is ideally suited for all medical professionals working in this field

The Pleasure Prescription Paul Pearsall, Ph.D.,1996-08-26 Current wisdom dictates that anything that tastes smells or feels good can't be good for us But pleasure is the way to health not a temptation away from it In *The Pleasure Prescription* Pearsall gives the antidote for delight dyslexia his name for misreading of intensity for joy accomplishment for worth busyness for connection and excitement for love National Library of Medicine Current Catalog National Library of Medicine (U.S.),1992

The Patient in the Family Hilde Lindemann Nelson,James Lindemann Nelson,2014-05-22 The Patient in the Family diagnoses the ways in which the worlds of home and hospital misunderstand each other The authors explore how medicine through its new reproductive technologies is altering the structure of families how families can participate more fully in medical decision making and how to understand the impact on families when medical advances extend life but not vitality *Current Catalog* National Library of Medicine (U.S.),1992 First multi year cumulation covers six years 1965-70

Eisenhower's Heart Attack Clarence G. Lasby,1997 Previous Eisenhower biographers have touched on his heart condition but Clarence Lasby is the first to examine the impact of the president's health on the nation He offers a dramatic revisionist account of the events surrounding the president's 1955 heart attack and subsequent efforts by the president and his staff to minimize its political impact Drawing on newly opened medical records and personal papers of Eisenhower's physicians Lasby challenges virtually everything we have believed about the president's heart attack Most disturbingly he has discovered that the president's personal physician Dr Howard Snyder misdiagnosed the attack as a gastrointestinal problem and waited ten hours before sending Eisenhower to the hospital Lasby also sets the record straight on how the president and his aides managed the public's understanding of events and he offers evidence that Eisenhower Dr Snyder and press secretary James Hagerty withheld and recast information to serve the president's political priorities Equally important Lasby's book offers a touching portrait of a proud man faced with a debilitating disease It examines Ike's private struggle to lead a full life despite his condition and analyzes his decision to seek a second term even against the advice of cardiologist Paul Dudley White It also shows how a man who had always carefully joked after his health now became obsessed with it

Building Intimate Relationships Rita DeMaria,Mo Therese Hannah,2013-08-21 The PAIRS course acts as a kind of bridge between marriage education and therapy working both with couples in healthy relationships hoping to improve intimacy and with distressed couples trying to save their marriages *Building Intimate Relationships* is an edited work with contributions from the creator of the PAIRS program and the most experienced PAIRS leaders It describes the elements of the PAIRS course and discusses the application of the theories and techniques taught in the PAIRS program Chapters include discussions on intimacy communication conflict resolution emotional literacy sensuality and sexuality spirituality and gender issues

Family-Oriented Primary Care Susan H. McDaniel,Thomas L. Campbell,Jeri Hepworth,Alan Lorenz,2005-12-06 The first edition helped bring the family approach to health care into the medical mainstream This new edition like the first provides

health care professionals with a practical guide to working with and treating both the individual patient and the family. Tackling challenging and emerging issues such as AIDS and the family, race and gender, child abuse and domestic violence, in addition to pregnancy, child behavior and chronic illness, this volume is sure to be an indispensable guide for primary care providers. The Shared Experience Of Illness Susan H. McDaniel, Jeri Hepworth, William J. Doherty, H McDaniel, 2009-08-05. In the narrative of every human life and family, illness is a prominent character. Even if we have avoided serious illness ourselves, we cannot escape its reach into our circle of family and friends. Illness brings us closer to one another through caregiving and separates us through disability and death, yet little attention has been paid to personal and family illness in psychotherapy. Rather, therapists tend to focus on the psychosocial realm, leaving the biological realm to other physicians and nurses. Susan H. McDaniel, Jeri Hepworth, and William J. Doherty invited therapists who work with individuals and families experiencing chronic illness and disability to describe clinical cases that illustrate their approach to medical family therapy. Contributors then were asked to share a personal story about their experiences with illness and to explain how those experiences affect the way they work with their clients. Vivid case studies dealing with a range of illnesses including cancer, infertility, schizophrenia, AIDS, heart disease, diabetes, asthma, and multiple sclerosis show how the therapists' own experiences of illness are relevant to their care of others and how these experiences can be used to form a healing bond in therapy. Poignant, honest, and illuminating, The Shared Experience of Illness allows us to understand more fully the relationship between the personal and the professional. Guidelines for Cardiac Rehabilitation and Secondary Prevention Programs American Association of Cardiovascular & Pulmonary Rehabilitation, 1999. The definitive resource for developing cardiac rehabilitation programs. Recovering at Home with a Heart Condition Florence Weiner, Mathew H. M. Lee, Harriet Bell, 1994. A new comprehensive guide to every aspect of daily living for people recovering from a heart condition and for their families and other caring helpers. **Test Critiques**, 1994.

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