



American Medical Association Guide to Preventing and Treating Heart Disease: Essential Information You and Your Family Need to Know about Having a Healthy Heart

American Medical Association

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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.

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