



Heart Care for Life (Yale University Press Health & Wellness)

Dr. Barry L. Zaret M.D.

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More than 70 million Americans have some form of heart disease. For each of them, obtaining accurate information about the disease and the many options for dealing with it can be both empowering and life saving. In this book, cardiologist Dr. Barry L. Zaret and Genell Subak-Sharpe offer up-to-date facts about the best treatments available and an innovative approach that shows how treatment programs can be tailored to meet the needs of each unique patient.

There are no short-term fixes and no one-size-fitsall programs, explain Zaret and Subak-Sharpe. Although certain characteristics are common to each form of heart disease and its treatments, these constants must be tempered against individual variables. The authors outline the constants for the full range of cardiovascular conditions, from angina and heart attacks to high blood pressure and cardiac arrhythmias. They then guide readers through the process of assessing personal variables to develop an individual treatment and life-style program.

Written in a warmly reassuring style, this indispensable guide to heart care offers realistic hope and specific directions for designing a lifelong heart care program. Filled with practical advice, instructional case histories, a philosophy for controlling your health, self-tests to assess risk, and questions to ask your doctor, it looks toward an even better future for those with heart disease.

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