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Nota di contenuto	Machine generated contents note: Part I Heart Attack Basics -- 1 Heart Attack and You / Kathleen Berra and -- Gerald W. Friedland 3 -- Part II The Participants' Perspectives -- 2 A Heart Attack in the New Millennium / Jose Ibarra 23 -- 3 Doing It My Way / Hans Forsell 29 -- 4 It Takes a Team / Max Kramer 34 -- 5 Reversing Angina / Helen L'Amoreaux 52 -- 6 Preventive Medicine Works / Peter Jones 61 -- 7 Modern Cardiology, Cardiac Surgery, and My Angina / -- David Moses 67 -- 8 Success without Angioplasty or Surgery / -- Jacob Gershon 76 -- 9 Miracles Can Happen with the Two Ds / Verne Peters 88 -- to Young People Do Not Get Heart Attacks (WRONG!) / -- Sonny Adams 94 -- 11 Myth: You Are Lucky to Be a Woman / Joy Sing 102 -- 12 Risk Factors from a Patient's Perspective / -- Jerry Fox 112 -- Part III The Health Professionals' Perspectives -- 13 The Complexities of Proper Nutrition / -- Christopher Gardner 123 -- 14 Testing and Treatment / Francis H. Koch 153 -- 15 An Introduction to Cardiac Rehabilitation Programs / -- Kathleen Berra 169 -- 16 Cardiac Rehabilitation in Action / Donna Louie, -- Nancy Houston Miller, and Robin Wedell 175.
Sommario/riassunto	Millions of people-many of them younger than we care to believe-are living in the aftermath of a heart attack, and it is vital for them to learn how to reduce the risk factors for subsequent heart problems. This unique and important book offers advice to survivors of a heart attack and also to those trying to prevent the onset of a heart attack.

Contributors include not only distinguished medical professionals but also eleven individuals who either participated in a cardiac rehabilitation program or designed a program of their own. The patients—men and women of varied ages and ethnic backgrounds—relate their own histories, providing insight into the many faces of heart disease and inspiration and hope for other heart attack survivors. The book includes:

- risk factors
- diets, diagnosis, and treatment
- ways to prevent angina from becoming a heart attack
- strategies for reversing coronary artery disease
- guidelines for choosing a cardiac rehabilitation program
- a description of cardiac rehabilitation in action

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