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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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