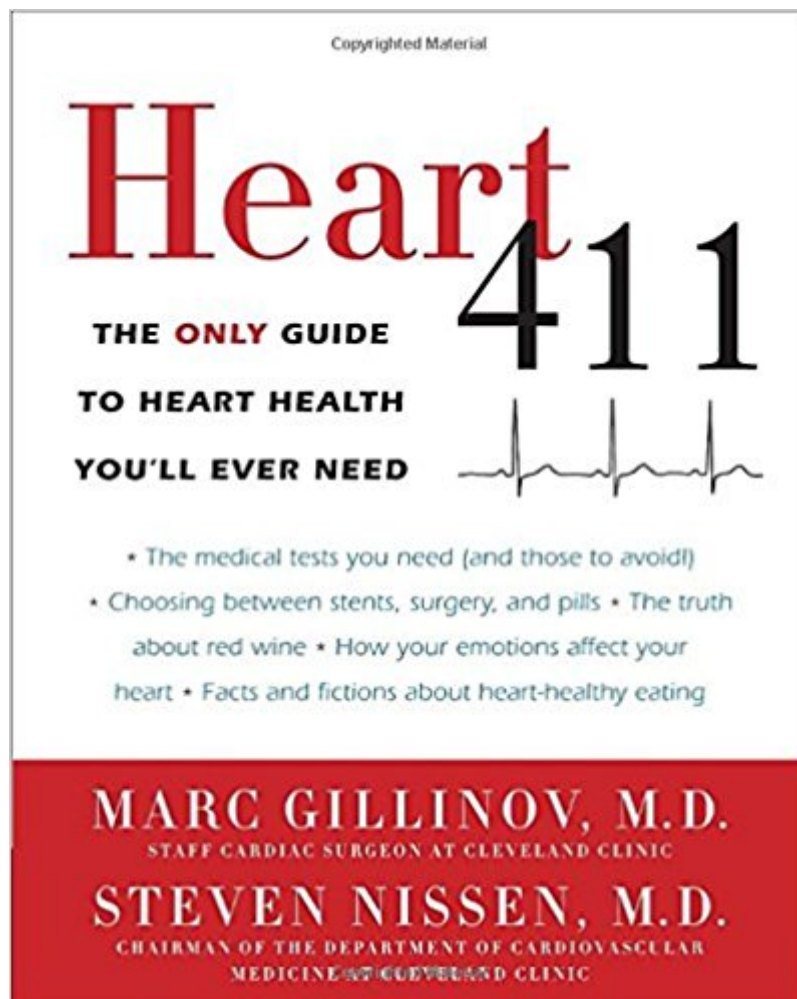




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# Heart 411: The Only Guide To Heart Health You'll Ever Need



## Synopsis

The definitive guide to heart health from two of America's most respected doctors at Cleveland Clinic, the #1 hospital for heart health in America. Are you one of the eighty-two million Americans currently diagnosed with cardiovascular disease—or one of the millions more who think they are healthy but are at risk? Whether your goal is to get the best treatment or stay out of the cardiologist's office, your heart's health depends upon accurate information and correct answers to key questions. In *Heart 411*, two renowned experts, heart surgeon Marc Gillinov and cardiologist Steven Nissen, tackle the questions their patients have raised over their decades of practice: Can the stress of my job really lead to a heart attack? How does exercise help my heart, and what is the right amount and type of exercise? What are the most important tests for my heart, and when do I need them? How do symptoms and treatments differ among men, women, and children? Backed by decades of clinical experience and up-to-the-minute research, yet written in the accessible, down-to-earth tone of your trusted family doctor, *Heart 411* cuts through the confusion to give you the knowledge and tools you need to live a long and heart-healthy life.

## Book Information

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## Customer Reviews

Featured Interview: Marc Gillinov and Steven Nissen Q. What are some of the risk factors of coronary heart disease that we are least likely to know about? A. Unfortunately most people don't know the simple, basic risk factors--LDL (the "bad" cholesterol), blood pressure, and body mass index (a measure of obesity). Together, these three risk factors plus smoking and

diabetes, predict more than 80 percent of the risk for heart disease. We also have a growing list of emerging and sometimes surprising risk factors for heart disease. These include rheumatoid arthritis, sleep apnea, periodontal/gum disease, and even air pollution. Q. Do 1-2 glasses of wine a day really stave off heart disease? A. People who drink moderately are less likely to develop coronary artery disease and more likely to live longer than people who abstain from alcohol. This makes biological sense, as alcohol increases HDL cholesterol and reduces blood clotting. The evidence is solid, but we don't have conclusive proof that wine staves off heart disease. Nevertheless, a glass of wine (or a beer or a scotch) a day can be part of a heart healthy lifestyle. Q. How does stress affect the heart? A. Today we understand the link between emotional stress and heart attacks. In the patient with coronary artery disease, stress can trigger a heart attack by causing release of hormones and chemicals that increase blood pressure and heart rate and also increase the tendency for blood to clot. Anger is a common heart attack trigger, with up to 3 percent of heart attacks preceded by bouts of intense anger. Managing emotional stress can be life-saving for the patient with coronary artery disease. Q. Is red meat really that bad for the heart? A. Red meat contains large quantities of saturated fat, which is linked to increased LDL cholesterol and an increased risk of heart disease. An occasional steak or hamburger is fine, but a diet that includes daily consumption of red meat, especially when compared to a diet rich in fish, is associated with an increased risk of developing coronary heart disease. If you do eat meat, choose less fatty cuts and limit portion sizes. Q. Why is this book so important? How is it different than other books on heart disease? A. This book is about proven strategies to achieve and maintain heart health. Today there is simply too much health information on the Web and on the bookshelves. Some of it is accurate, but much of it is completely wrong. Your heart-health is too important for you to get sucked in by ridiculous fads. You can't afford to make critical mistakes based upon incorrect and confusing information. In this book, we detail the evidence, dispel the myths, and distill the truth. Let us guide you to a life of sustained heart health.

In this empowering, lifesaving primer, cardiac surgeon Gillinov and cardiologist Nissen, who between the two of them have cared for more than 10,000 cardiac patients, authoritatively lay out what Americans must do to lessen their risk of dying of heart disease, the nation's number-one killer. For starters, don't get fat, and don't smoke. But the authors also mix in surprises. For example, they say cold weather can increase the risk of heart attack, while more education can lower it, and too much alcohol can increase the risk of high blood pressure (and breast cancer); and they explain why, medically speaking, husbands should stay faithful. Gillinov

and Nissen also cover the warning signs of heart attacks and early symptoms of heart disease. The book is full of interesting asides (for example, in 1900, pneumonia was the leading cause of U.S. deaths, and the average life expectancy was 47), but impatient patients can skip to the end of chapters, which typically end with an "Rx" summary. In sum, an understandable and definitive guide by two top heart docs. --Karen Springen

A MUST HAVE if you or a relative who has heart problems. I am an 80 yr. old female and had a massive heart attack several months ago. I was sure the docs had made an erroneous diagnosis as I had no problems before H.A. I do have high blood pressure but Rx was keeping it under control, normal cholesterol, 25-30 lbs. overweight, etc. I did, however, have 60% blockage in main artery, causing heart attack. My only symptoms were bone-crushing fatigue and a full feeling in my head. Had never felt this bad in my life - like someone had given me a severe beating.....not painful but just 'out-the-box' fatigue. Luckily, the hospital is a mile from my home. Doc said I was lucky I got myself (neighbor) to the ER right away. Did not call 911 as they are much too slow in my area. Cardiologist recommends healthy eating and moving, moving, moving. It was a real education reading this book...I highly recommend immersing one's self in it. BTW, I had not a scintilla of pain anywhere. That is scary. I also participated in 33 sessions of cardio rehab as recommended by Cardiologist. Very glad I did and now go the gym 5 days week...more on the treadmill than anything. Was told walking the dog ( a small one) is not enough...too much starting and stopping.

I was introduced to this book because I was informed by local cardiologist (after extensive testing) that I had moderate-severe mitral valve leakage which required repair. The cardiologist had a surgical referral handy but I insisted on researching surgeons and hospitals. After extensive research, I scheduled the surgery with Dr Gillinov at Cleveland Clinic with a wait of a couple of months. I borrowed Heart 411 from the local audio library. My wife and I listened to most of the book while taking trips and found it very understandable, down-to-earth, and full of useful information. I subsequently purchased the Kindle version for reference and a paperback copy for our daughter. The surgery? Following an even more thorough examination at Cleveland Clinic, we sat down with Dr Gillinov, who is a very personable guy. He told us that my leakage is mild and "surgery will not improve your life". Life is good. Dr Gillinov is a straight shooter both in what he writes and in person.

A family member read this book and recommended to me. Even though it is very heavy subject matter, it was written in an easy to understand manner, plus it was interesting to read. I keep it on

my kindle as a reference now.

Disseminating pertinent information from the Internet is woefully difficult at times particularly regarding complex subject matter and when marketing interest runs high. By consolidating portions of their knowledge, experience and expertise the authors have created an accessible, easily readable guide to heart health and in so doing have done society a great service. Kudos to Dr. Gillinov and Dr. Nissen for taking the time to create a guide that will help people acquire the correct information they need to live longer happier lives.

Dr. Marc Gillinov and Cleveland Clinic are the reason I am healthy today. Our search for the best hospital and the finest surgeon led us there in September 2011. Dr. Gillinov performed state of the art robotic surgery to repair my mitral valve and later introduced me to Dr. Walid Saliba who performed an ablation to cure a lifelong arrhythmia. As a physician Dr. Gillinov is attentive and caring, and he takes the time to explain your medical situation and the measures needed to correct the problems. In reading this book, it is like spending time with him in his office as he explains thoroughly how to take care of your heart and your health. We have found this book invaluable, interesting, and enjoyable. My wife has read it cover to cover in a very short period of time. The actual patient stories and the positive, down to earth way that the doctors express themselves make this book a real page turner. We recommend it wholeheartedly to our family and friends. We only wish we had had access to this information years ago.

There is a ridiculous amount of info on the Internet. Impossible to sort out truth from fantasy. This book lays out the medical science clearly and objectively. I recently had a heart attack and now I know what happened, why it happened and what to do about it. I also have a clear understanding of my medications and what to ask my doctor.

Being professionally involved in the heart surgery business I have come to know how I should live my life to maintain good heart and general health. Reading Heart 411 reminded me of many aspects of heart health which I had previously known, but lost some awareness over the years. But more importantly it helped provide significant motivation to recommit to those practices which will be most important to my continued good health. Heart 411 should be on everyone's list to review every few years. It will remind the reader of practices needed in you and your families everyday life, but also provide a good point of reference for heart care practices. I highly recommend the reading and

Careful study of this outstandingly written and documented book. Clyde Baker, President and CEO of On-X Life Technologies, Inc., Manufacturers of the On-X Prosthetic Heart Valve

This book is EZ to read and is loaded with information, as it is 550 pages including the index. The physician writers are Cleveland Clinic staff and their personal opinions are naturally included in this book. I realize that some points are medically debate-able, but read it as a nice thorough source to get oriented to the subject matter. I liked it.

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