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The New Heart Disease Handbook

# The New Heart Disease Handbook

EVERYTHING YOU NEED TO KNOW TO EFFECTIVELY REVERSE AND MANAGE HEART  
DISEASE

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# **INTRODUCTION**

Maybe you've had chest pain or palpitations. Maybe you have a child who was born with a congenital heart defect, such as a ventricular septal defect or a patent ductus arteriosus. Or perhaps you have an elderly parent who has congestive heart failure. Whatever the reason, we understand that you picked up this handbook because you want to do everything you can to improve your health and the health of your loved ones. To help you accomplish that, we have created this highly informative, accessible, and up-to-date handbook about the heart.

# **THE PRESCRIPTION**

This is how we begin each chapter—with the prescription you or your family member has likely received from your doctor. In the chapters of Part I, we explain the treatments for illnesses ranging from angina to stroke, covering the major diseases that strike the cardiovascular system. We provide information about diagnostic tests and detailed explanations of the specific illnesses, in language you'll understand.

Most of the prescriptions begin with healthy lifestyle changes such as quitting smoking, eating heart-healthy foods, and exercising (a lot). The prescriptions emphasize the facts that, except for congenital conditions, heart disease and its complications are often preventable, and managing heart disease is a partnership between you and your The New Heart Disease Handbook: Everything You Need to Know to Effectively Reverse and Manage Heart Disease medical team.

Depending The New Heart Disease Handbook: Everything You Need to Know to Effectively

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Reverse and Manage Heart Disease on your circumstances, your doctors will prescribe medications and/or arrange for surgery, which we describe in detail in each chapter. The New Heart Disease Handbook: Everything You Need to Know to Effectively Reverse and Manage Heart Disease But it is up to you to take medications as prescribed, to let your doctor know The New Heart Disease Handbook: Everything You Need to Know to Effectively Reverse and Manage Heart Disease about any new and uncomfortable symptoms or side effects, to follow a heart-healthy diet and make the other vitally important lifestyle changes that can save your heart, and to participate fully in a cardiac rehabilitation program. This collaborative effort is the key to preventing and managing heart disease.

Part II of this handbook begins with a tour of the intricate and fascinating heart, and goes on to provide you with tools to accomplish The New Heart Disease Handbook: Everything You Need to Know to Effectively Reverse and Manage Heart Disease your end of The New Heart Disease Handbook: Everything You Need to Know to Effectively Reverse and Manage Heart Disease the partnership. The chapters will help you determine your risk for heart disease, lower your cholesterol, manage diabetes, and make other positive changes that will lead to a longer, healthier life. We have also included a special chapter on heart disease in women.

## **WHAT'S NEW**

Developments in heart-saving devices, medicines, and procedures are offering new hope to those currently suffering from heart disease and those at risk. In this book, we have highlighted the newest developments in every area of heart The New Heart Disease Handbook: Everything You Need to Know to Effectively Reverse and Manage Heart Disease disease. In the epilogue, we look into the crystal ball at emerging treatments such as the increasing use and refinement of mechanical heart pumps called ventricular assist devices (VADs) and the stunning potential that stem cell research has for rejuvenating diseased hearts.

In the spirit of providing you with all the information you'll need to learn about and manage heart disease, we have also included four important appendixes and a glossary of cardiology terms. The appendixes provide information on how to save a life (correct and incorrect procedures for cardiopulmonary resuscitation), comprehensive reviews of the major tests used to determine the various types of heart disease, the major medications and other treatments used for heart disease, and common heart-saving procedures such as catheterization and heart bypass surgery.

The New Heart Disease Handbook: Everything You Need to Know to Effectively Reverse and

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## Manage Heart Disease

We will also keep you updated through our blog, [www.newhearthandbook.com](http://www.newhearthandbook.com), where we highlight ongoing developments in the prevention and treatment of heart disease, and give you the opportunity to The New Heart Disease Handbook: Everything You Need to Know to Effectively Reverse and Manage Heart Disease ask Dr.Cannon The New Heart Disease Handbook: Everything You Need to Know to Effectively Reverse and Manage Heart Disease questions about everything from the newest surgical procedures to the value of adding omega-3 essential fatty acids to your diet. We'd like to hear your thoughts about the handbook; let us know what has been useful to you and what we can add to the next edition!

### PART I:

## THE MOST EFFECTIVE TREATMENTS FOR MAJOR DISEASES THAT STRIKE THE HEART

### chapter 1: CHEST PAIN AND ANGINA

#### ANGINA

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#### THE PRESCRIPTION

Your treatment plan for angina has two important goals:

- ? Control angina symptoms (allowing you to do The New Heart Disease Handbook: Everything You Need to Know to Effectively Reverse and Manage Heart Disease the things that are important to you).
- ? Prevent worsening of heart disease or heart attack.

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It is important to keep both of these goals in **The New Heart Disease Handbook: Everything You Need to Know to Effectively Reverse and Manage Heart Disease** mind when approaching your treatment. Interestingly, some of the **The New Heart Disease Handbook: Everything You Need to Know to Effectively Reverse and Manage Heart Disease** treatments (such as beta blockers) are used for both purposes. Achieving these goals requires a multifaceted approach, not the least of which is making positive and permanent changes to your lifestyle ([chapter 14](#)).

In addition, your doctor is likely to prescribe medicines that will reduce your symptoms and/or help prevent heart attacks. When appropriate, he may suggest an interventional or surgical procedure such as stenting or bypass surgery.

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## THE DISCOMFORT OF ANGINA

### **The New Heart Disease Handbook Everything You Need To Know To Effectively Reverse And Manage Heart Disease**

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