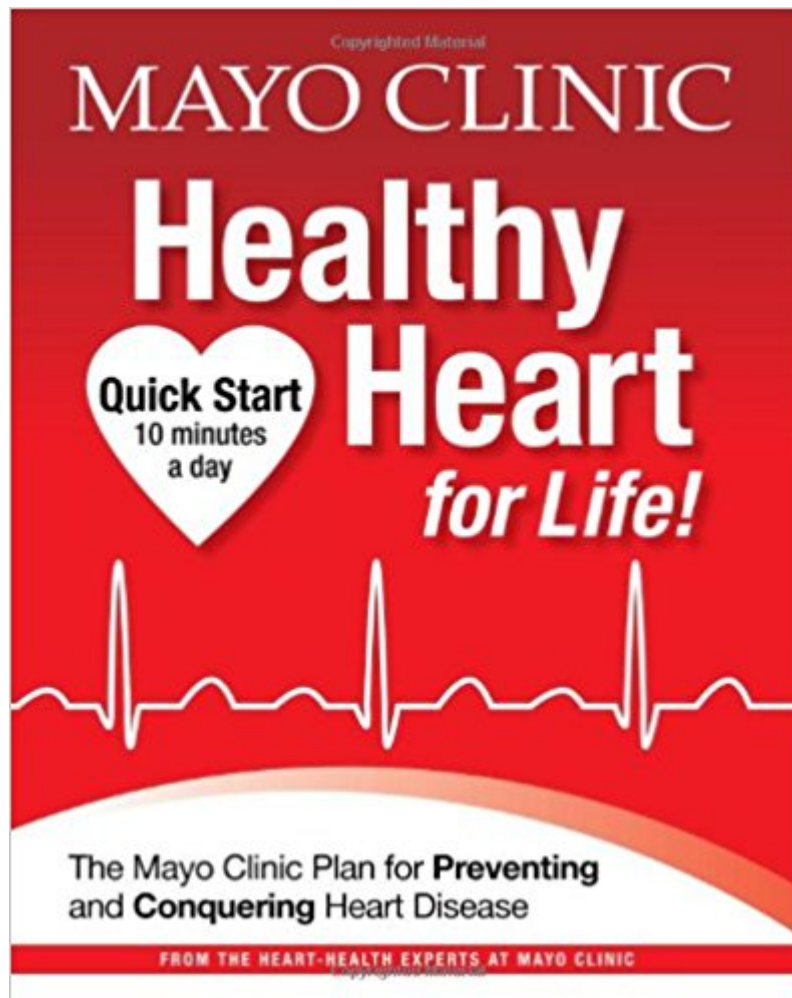




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Mayo Clinic Healthy Heart For Life!



Synopsis

Is that twinge in your chest heartburn or a heart problem? In 2006, more than 600,000 Americans-26% of all deaths in the US that year-died of heart disease, making it our nation's #1 killer. Now, Mayo Clinic provides a comprehensive, step by-step plan to reduce the risks and life-changing effects of heart disease. In *The Mayo Clinic Healthy Heart for Life!*, Mayo Clinic provides up-to-date, clinically proven information that addresses the key causes of heart disease and provides clear, actionable advice in an easy-to follow format, including:

- The three key actions you can take in a quick-start plan to help you jump-start your way to heart health
- A heart-health assessment to help you create your own customized plan
- An easy-to-follow program designed for life-long heart health
- Tools to help you determine your risk for heart disease
- Information on how to recognize symptoms of heart disease-and what to do about them
- Background on cholesterol's role and info on how you can minimize the effects of bad cholesterol and enhance your levels of good cholesterol
- How to talk to your doctor about heart concerns and what to expect during a medical evaluation
- How heart disease symptoms can be different in women, and other special concerns for women
- How to raise heart-healthy children ...and more

Book Information

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Customer Reviews

Mayo Clinic is one of the world's oldest and largest multispecialty group practices. Since 1904, millions of people from all walks of life have found answers at Mayo Clinic.

After having double by-pass surgery in 1994 at age 48, I literally sat on the floor in a book store and cried from being so overwhelmed with what I needed to do to be heart healthy. There were dozens of books and I didn't know which one to buy. I didn't know where to start. Now almost 20 years later and recovering from a recent heart attack, I found the perfect book. This one book covers it all! It is so well written and easy to follow. One chapter at a time, one week at a time. Easy to understand. (not "doctor speak") Do-able plan.

I thought it was over simplified and dumbed down. It was padded out with dozens of interviews of Mayo Dr's that didn't really say anything and dozens of success stories that all said much the same thing. A few of both would have been good; but, way too many. The areas of focus were odd to me - lots of space devoted to obscure conditions like uncommon birth defects yet little space devoted to by-pass surgery which is done hundreds of thousands of times each year. I had high expectations when I bought it since it was from Mayo Clinic but was disappointed

Mayo Clinic Healthy Heart for Life is a must read for everyone!!!! It carries you through all the stages of living a healthy life and maintaining a healthy heart. This book is not just for people with a heart condition. It could help anyone from being diagnosed with a heart condition and if you are already diagnosed with a heart condition, this book is a great resource to assist with your recovery and living a healthy life. The book is broken into four parts for ease of reference :- Part One deals with Mayo Clinic plan for prevention of heart diseases; The Eat 5, Move 10 and Sleep 8 plan. Part Two goes into further details of this plan and provides an encyclopedia of information and methods to assist. Part Three shows in great detail how the heart works and the different heart diseases and conditions that can occur. It also shows how to assist with recovery from these conditions in order to live a healthy life. Throughout the book, Mayo Clinic introduces some of the doctors and patients with real life advice and experiences in various conditions. The book is well written and is very user friendly. As a heart patient myself I will be using this book as a reference and guide to my recovery.

Good book on the basics of controlling heart health factors. This is one of several books I read after being diagnosed with heart disease. This was helpful but the best I have read was Heart 411 by Marc Gillinov and Steven Nissen who work at the Cleveland Clinic.

Great book with lots of good suggestions on losing weight and exercise. I should have had this book BEFORE my recent heart attack!

This book is extremely informative and provides valuable information. Important to read before you or someone you love has a cardiac problem.

This book was recommended by my cardiologist as a great source for healthy living.

It has so much good information in it.

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