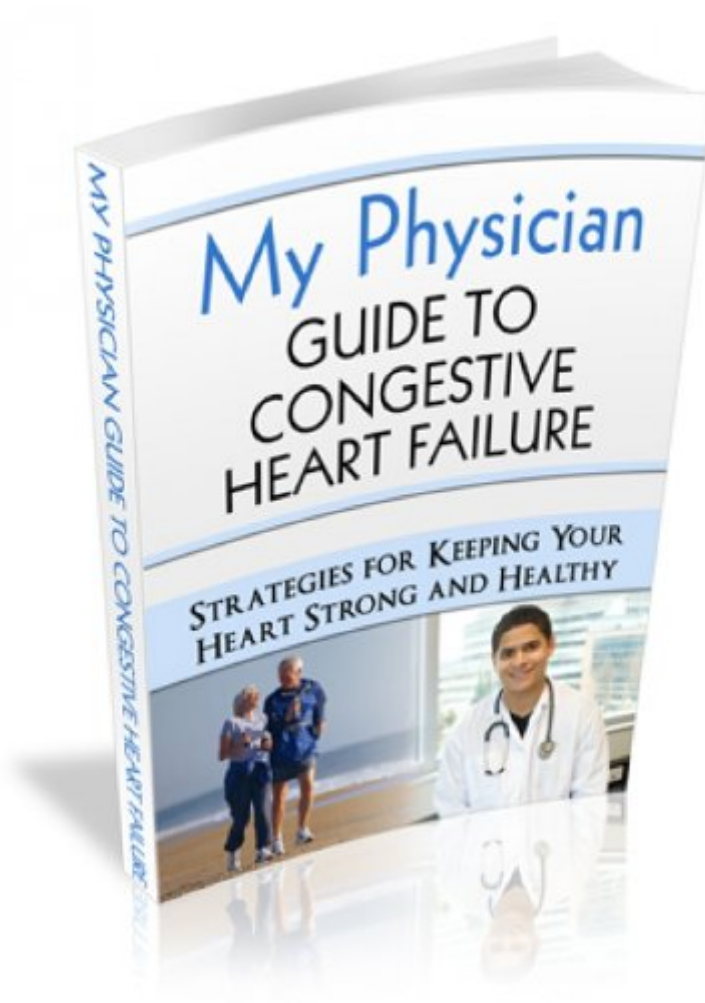




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# My Physician Guide To Congestive Heart Failure: Heart Strong And Healthy



## Synopsis

A Physician Approved Guide detailing how to: Understand Congestive Heart Failure-A brief overview of the physiology of the heart-Understand how heart failure occurs-What it means to be diagnosed with stage A, B, C or D heart failure-A symptom checklist to help you recognize heart failure-Know the difference between a heart attack and heart failure-Tips to find the right physician and cardiologist for you-Learn about insurance options if you've been diagnosed-The role of pulmonary hypertension and how you can decrease symptoms Treatment Options-Alternative treatments that help improve circulation and strengthen the heart-Surgical and mechanical alternatives to transplant which are less invasive-The truth behind common heart health treatments-How lowering this one mineral could drastically better your chances of recovery-Learn how heart centers assess eligibility for a heart transplant-Understand all of the risks of getting a heart transplant-Side effects of conventional heart drugs and common drugs you should avoid-Exercises to strengthen the heart muscles and improve circulation Prevention Strategies and Support-Links to support groups and forums for people going through the same pain as you-Help with addressing the difficult issues: talking with your loved ones-Lifestyle changes to consider if you are at risk-Heart failure at a young age: dealing with the added emotional and physical troubles-How the mind is linked to the body and why positive thinking can improve your condition-Which prescription medications work best to prevent future complications-Activities you may need to avoid if you've been diagnosed with heart failure

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[http://www..com/gp/product/B00486UE1C/ref=cm\\_cr\\_rev\\_prod\\_img](http://www..com/gp/product/B00486UE1C/ref=cm_cr_rev_prod_img)The number of people with congestive heart failure grows at an incredible rate, as the baby boomers get to the age to have it. But most of us don't even know what to ask our doctor, and we're afraid we won't be able to get enough time with her to ask the questions if we did know them. This book provides not only the questions but also a lot of answers. First, no, heart failure is not the same thing as a heart attack, though it may stem from or proceed to one. Second, you are highly unlikely to die from it in five minutes and twenty-seven seconds; in fact, as research continues, the death rate from congestive heart failure has plummeted. Why do you have it? This book might help you track down the cause or causes. Second, what is your future likely to be like? Probably it will be much better than you expect. Third, there is probably no reason why you shouldn't exercise within reason, but if there is a reason why you shouldn't, you'll learn it here. I found this an extremely helpful book, and I think you will too, if you or a loved one has been diagnosed with congestive heart failure.

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