



The Sheldon Short Guide to Heart Attacks

Mark Greener

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Coronary heart disease (CHD) still the leading cause of death in the UK - heart attacks kill about 88,000 people a year - around one person every six minutes. Despite these sobering statistics, a heart attack isn't a death sentence, thanks to improved treatments and increased awareness. This short, Reassuring book shows how combining drugs and lifestyle changes can help you survive - and prevent - heart attacks. Topics include: · The anatomy and physiology of the cardiovascular system · Risk factors for heart attack · Causes of heart attacks · Symptoms in men, women, and the elderly · Why rapid treatment helps you survive · Prognosis and the prospects of living a normal life · How you and the doctor can increase the chances of survival

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