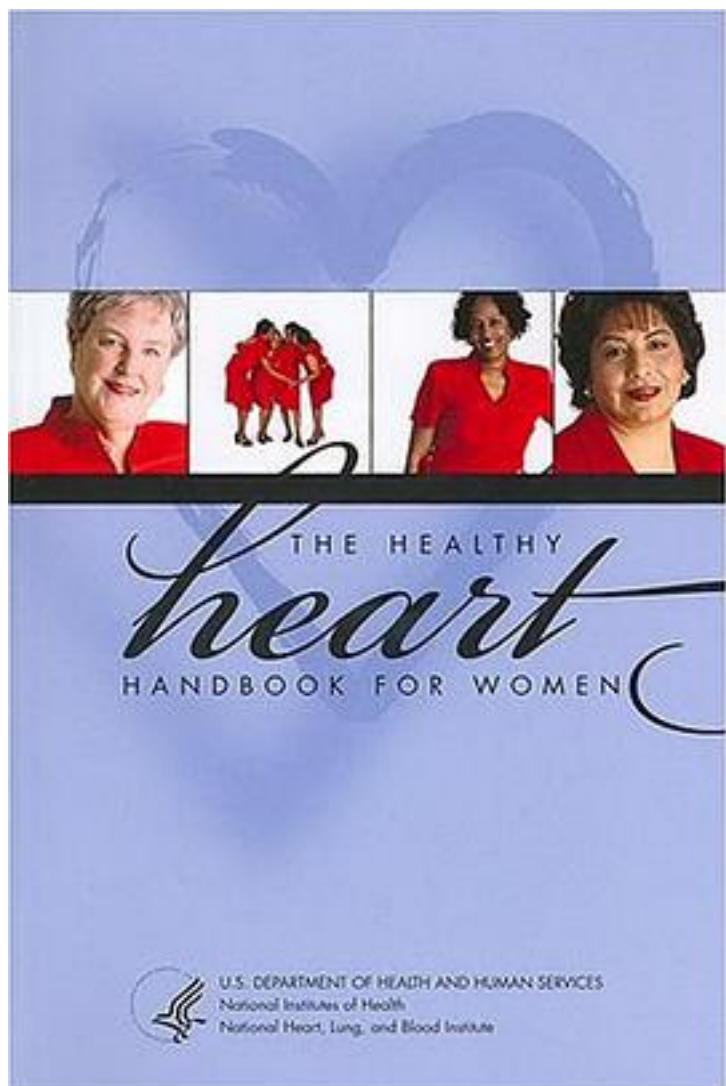


Healthy Heart Handbook for Women



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著者:National Heart Lung and Blood Institute

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"The Healthy Heart Handbook for Women" is an owner's manual for your heart, from the National Institutes of Health heart research team. It provides new information on women's heart disease and practical suggestions for reducing personal risk of heart-related problem(s). It includes updated information on preventing and controlling high blood pressure, keeping blood cholesterol levels healthy, and postmenopausal hormone therapy. There are also new tips on maintaining a healthy weight, following a nutritious and tasty eating plan, and finding enjoyable ways to get more physical activity. The handbook also includes information about the warning signs of heart attack in women, as well as how to act quickly to get help.

作者介绍:

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