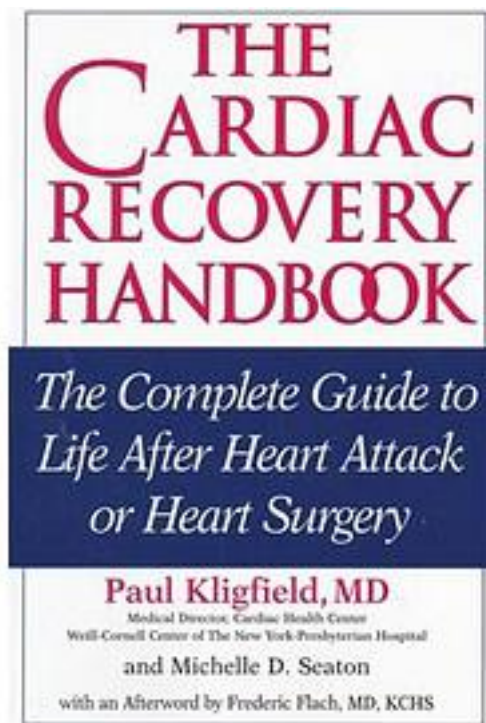


The Cardiac Recovery Handbook



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Maybe a suspicious angiogram has the doctor suggesting bypass surgery. Maybe a major heart attack has you confined to the ICU. After a heart attack or heart surgery, you have a hundred questions and your family has more. How long will I be in the hospital? What are the side effects of that medication? Why do I feel so depressed? What can I eat? Can I exercise?

One of the nation's most respected cardiologists answers all your questions in The Cardiac Recovery Handbook. In clear, everyday language, the book covers all aspects of cardiac recovery—from the initial diagnosis of heart disease to medications and

surgical options, from hospitalization to rehabilitation, from diet and exercise to keeping your spirits up. No question is left unanswered.

Filled with a wealth of vital information, The Cardiac Recovery Handbook is an invaluable resource for the millions of Americans suffering from heart disease, as well as their families, healthcare providers, and friends.

作者介绍:

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