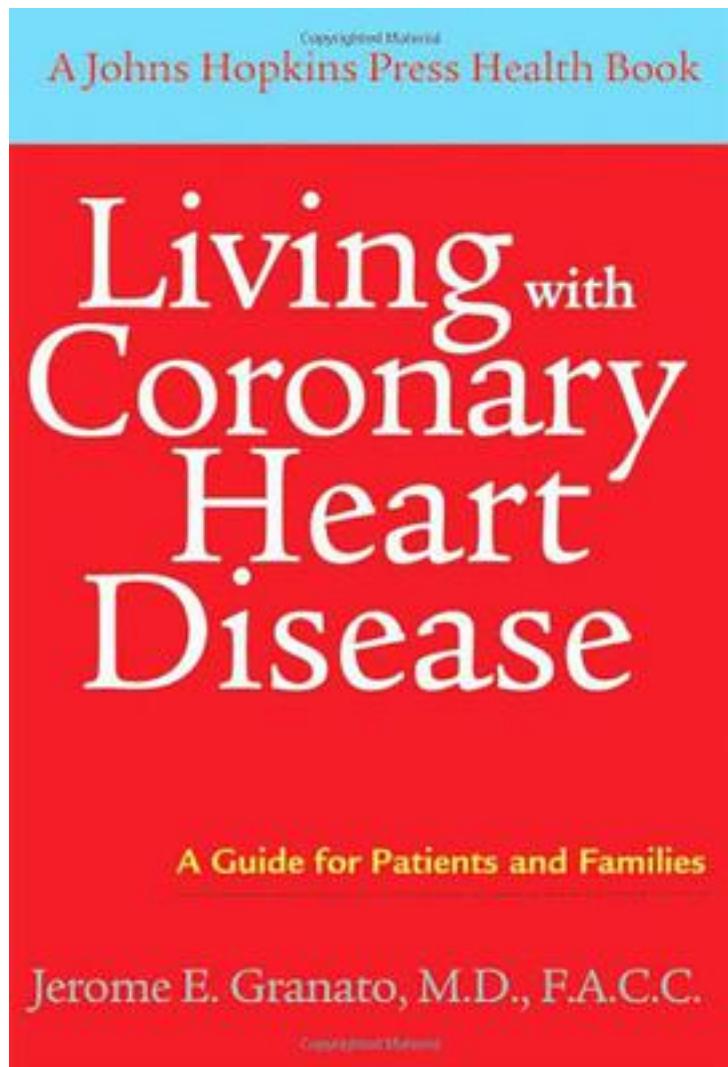


Living with Coronary Heart Disease



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著者:Granato, Jerome E.

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Coronary heart disease kills more people in the United States than any other heart disorder, and it is the leading cause of death among American women. Jerome E. Granato, a distinguished cardiologist with more than twenty-five years of experience, has created an authoritative and accessible guide to this common condition, providing patients and their families with insight and advice. Dr. Granato begins by describing the basic science of the disease, known also as atherosclerosis, in which arteries become clogged and damaged. He then explains who is at risk and how the disease is detected and diagnosed. He covers all the treatment options, from medications to surgery, and answers such questions as: * How do I know if I have coronary heart disease?* What is a heart attack?* Does my condition need to be treated with surgery?* What are the benefits and risks of balloon angioplasty?* What are stents and how do they work?* How can I manage my condition for the future? He addresses the needs of specific populations, and concludes by discussing how a healthy diet and regular exercise can influence health before and after treatment and how it can help prevent disease. Even after coronary heart disease is diagnosed, its course can be modified. This valuable resource will help patients and their families make some of the most important health care decisions they will ever face.

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