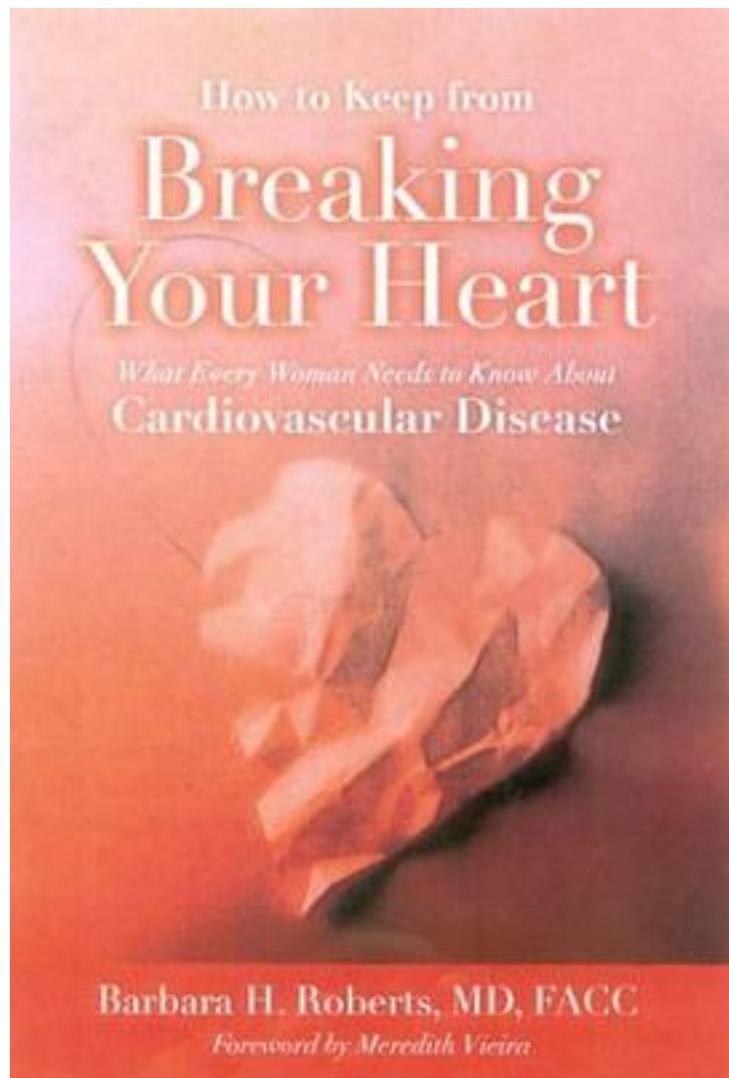


How to Keep from Breaking Your Heart



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Over 40% of all women will die of cardiovascular disease. This is a startling statistic, one that surprises most people -- and, unfortunately, many doctors, as well. In this ground-breaking book, Dr. Barbara Roberts explains the real-life effects of the grim statistics on women's heart disease and provides a common sense guide to treatment and reducing risk. Aimed at women (and the men who love them), How to Keep From Breaking Your Heart will arm you with information about every weapon medicine has at its disposal to fight the nation's number one killer. Dr. Roberts, a board certified cardiologist and Director of the Women's Cardiac Center at the Miriam Hospital in Providence, Rhode Island, shows how differences in symptoms, testing, treatment, and attitudes regarding female vs. male heart disease have resulted in inordinate illness and death amongst women. She then presents a clear, authoritative roadmap for readers to improve their cardiac health. By explaining how to improve your cardiac health and, where necessary, find the best treatment possible, Dr. Roberts provides a practical resource that teaches you how to keep your heart healthy. New! Updated drug information and new studied and research!

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