



Heart Attack!: Advice for Patients by Patients

Kathleen Berra

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Millions of people, many of them younger than we care to believe, are living in the aftermath of a heart attack, and it is vital for them to learn how to reduce the risk factors for subsequent heart problems. This unique and important book offers advice to survivors of a heart attack and also to those trying to prevent the onset of a heart attack. Contributors include not only distinguished medical professionals but also eleven individuals who either participated in a cardiac rehabilitation programme or designed a programme of their own. The patients, men and women of varied ages and ethnic backgrounds, relate their own histories, providing insight into the many faces of heart disease and inspiration and hope for other heart attack survivors. The book includes: * risk factors * diets, diagnosis, and treatment * ways to prevent angina from becoming a heart attack * strategies for reversing coronary artery disease * guidelines for choosing a cardiac rehabilitation programme * a description of cardiac rehabilitation in action

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