



# **An AARP® Guide: Living with Heart Disease: Everything You Need to Know to Safeguard Your Health and Take Control of Your Life**

*Larry Katzenstein*

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Chronic heart disease—heart attacks and strokes—causes more than 40 percent of all deaths in the United States. That's 950,000 people each year or one person every 33 seconds. Statistically more vulnerable with age, hundreds of men and women begin the struggle to manage or prevent its occurrence every day. So naturally it's on the mind of older Americans and the family members who cherish them. What exactly is heart disease—and what forms does it take? Who gets it, and how is it diagnosed? What steps can you take to prevent the problem from worsening? Which are the best therapies? How can you best reduce stress, lower weight, control blood pressure? AARP has the answers.

The superbly organized and authoritative text includes chapters covering key issues, which range from definition to diagnosis and from treatment to lifestyle changes that address issues specifically identified with heart disease. These include: nutrition, high cholesterol, prevention, smoking, and sex and intimacy. The book casts an eye on the future, too, with information on medicines and treatments currently under development or on the horizon. The appendix offers useful point-by-point checklists for managing your treatment, information on handling medical emergencies, and resources.

This guide provides expert medical information and valuable advice that no older adult will want to do without!

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