



Heart Disease: Everything You Need to Know (Your Personal Health)

Robert Myers

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Includes the latest medical findings.

Widespread and deadly, heart disease is a grim epidemic. Affecting parents, siblings, friends and co-workers, heart disease is so common that it is impossible to remain untouched by it. Heart disease is responsible for more than 37% of all deaths and is the leading cause of death in people over 65.

In **Heart Disease**, Dr. Rob Myers shows how to take control of the condition. For example, of the 50 million Americans who suffer from high blood pressure -- the leading contributor to heart disease -- only 35% know they have it. Yet, high blood pressure is easily detectable and usually controllable.

Heart Disease is a practical health guide that simplifies this disease's biology and physiology and clearly explains the medial concepts and jargon often used by doctors in diagnosis and treatment.

Using detailed tables, sidebars and diagrams, **Heart Disease** provides comprehensive, accurate, safe and up-to-date information for patients and their families.

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