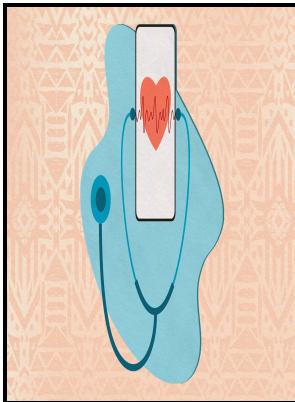


# Heart of the matter - essential advice for a healthy heart from renowned surgeons and cardiologists

Hilton Pub. - Best cardiologist in gurgaon



Description: -

- African Americans -- Diseases
  - African Americans -- Health and hygiene
  - Hypertension
  - Coronary heart disease
  - Heart of the matter - essential advice for a healthy heart from renowned surgeons and cardiologists
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**The Heart of the Matter : Essential Advice for a Healthy Heart from Renowned Surgeons and Cardiologists by Richard Allen Williams, Karol E. Watson, Herbert Stern, Hilton M. Hudson and Hilton M. Hudson II (2008, Trade Paperback, Revised edition) for sale online**

The item may be a factory second or a new, unused item with defects or irregularities. What does a Cardiologist suggest? It leads you into a step by step process of taking wellness into your own hand. This shall not be treated as a substitute to a professional cardiologist's advice or prescription.

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Preventative techniques that address the social and cultural dynamics that affect the health of African Americans are discussed, and more than 50 heart-healthy soul food recipes are included to ensure that African Americans get--and stay--on the healthy track. The third edition of The Heart of the Matter, The American guide to Heart Health and Wellness, will stress the importance of preventive and up-to-date steps one can take to prevent heart disease, high blood pressure and stroke. Monik Mehta as a cardiologist help you? Question 3: Can you Visit Dr.

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If there has to be any treatment for your heart, then you should select a good cardiologist who is able to guide you and carry out the appropriate treatment. All of the importance science behind heart health healthy diets, foods, exercise, cholesterol levels, etc are communicated in a medically accurate yet easy to read manner. Afterwards, based on results, Dr Monik Mehta will suggest the best option that one can choose like valve replacement, etc.

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If you are facing any problem related to your heart or your family has a history of genetically related heart disease meaning men in your family had an attack before 55 and women before 65 , then don't delay and contact a cardiologist ASAP. Preventative techniques that address the social and cultural dynamics that affect the health of African Americans are discussed, and more than 50 heart-healthy soul food recipes are included to ensure that African Americans get-and stay-on the healthy track. The risks associated with this type of cardiological treatment is quite low and hence is an effective way of treatment.

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The heart specialist does this by applying local anaesthesia to their patient so that the entire process is done smoothly. Monik Mehta can do for you as a cardiologist? Question 4: If you have Blocked arteries, then how can Dr.

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Monik Mehta Cardiologist in Gurgaon directly? Answer: Yes, Dr Monik Mehta is one of the best cardiologists in Gurgaon. Pacemaker implantation, ICD, and heart failure devices such as cardiac resynchronization devices with a particular interest in Radial Artery access interventions.

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Question 6: How can you prevent heart diseases? This is done by inserting a thin tube via the arm of the patient.

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