



## Diagnosis: Coronary Artery Disease

By Harvard Health Publications, Peter H. Stone

Harvard Health Publications. Paperback. Book Condition: new. BRAND NEW, Diagnosis: Coronary Artery Disease, Harvard Health Publications, Peter H. Stone, Most people fear heart disease -- and with good reason: it's the leading cause of death for both men and women. But something that people may not realize is that preventing this disease is often within their control. Most people who develop heart disease -- at least 8 in every 10 -- have one or more major risk factors that are within their power to change. These include lack of exercise, high blood pressure, and abnormal cholesterol levels. There are surefire ways to tackle these risk factors that you can include in your daily life. This Special Health Report, Diagnosis: Coronary Artery Disease, describes in detail these strategies and shows you how to keep your heart and arteries healthy for years to come. It also includes a risk calculator to help predict your odds of developing heart disease over a 10-year period, descriptions of what to expect from various diagnostic tests and procedures for heart problems, and a detailed guide to medications for the heart. And the special section describes lifestyle habits that can help your heart stay healthy. Whether you or someone you...



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