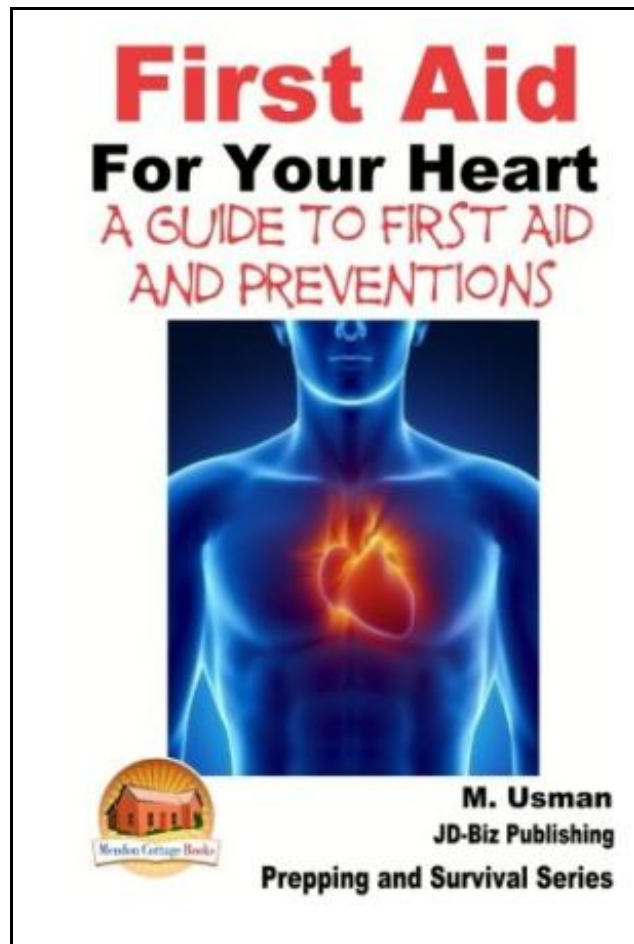


## First Aid for Your Heart - A Guide to First Aid and Preventions



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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.First Aid ForYour Heart - A Guide To First Aid And Preventions Table of Contents Preface 1.Introduction 2.Understanding the problem 3.Heart arrhythmia 3.1 Causes of heart arrhythmia 3.2 Symptoms of Arrhythmias The symptoms of arrhythmia are not too clear and sometimes your doctor may suspect arrhythmia before it even begins through your routine medical checkups. However the symptoms arrhythmia does indicate are as follows. 3.3 First aid for arrhythmia 4.Angina 4.1 Symptoms 4.2 First aid 5.Bradycardia 5.1 Symptoms 5.2 Conventional treatment 6.Heart attack 6.1 Symptoms of a heart attack 6.2 What do you do in the scenario of a heart attack? 7.1 How to perform a CPR (cardiopulmonary resuscitation) 7.2 Post heart attack, precautions for life 7.3 Factors you need to start reducing immediately 8. Starting off healthy 9.Keeping a healthy heart 10. Conclusion 11.References Preface Your heart is the most important organ of your body. Its functionality gives us blood and oxygen, without which, no other organs can survive. Life knows no other means if your heart gives way. When we realize the vital importance of this organ we should also recognize our duties to keep it healthy and functioning perfectly. Yes, sometimes nature cannot be combated with, but self induced harshness on this asset of the body is our loss indeed. Heart conditions, once deteriorated, require continuous precautions for the rest of the life with the fear of another attack dangling dangerously above your head. So we will tell you the better way, the precautions we can take up earlier in our lives to keep this tragic event at bay. This book is about you recognizing what your heart is and provides you with knowledge of...



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