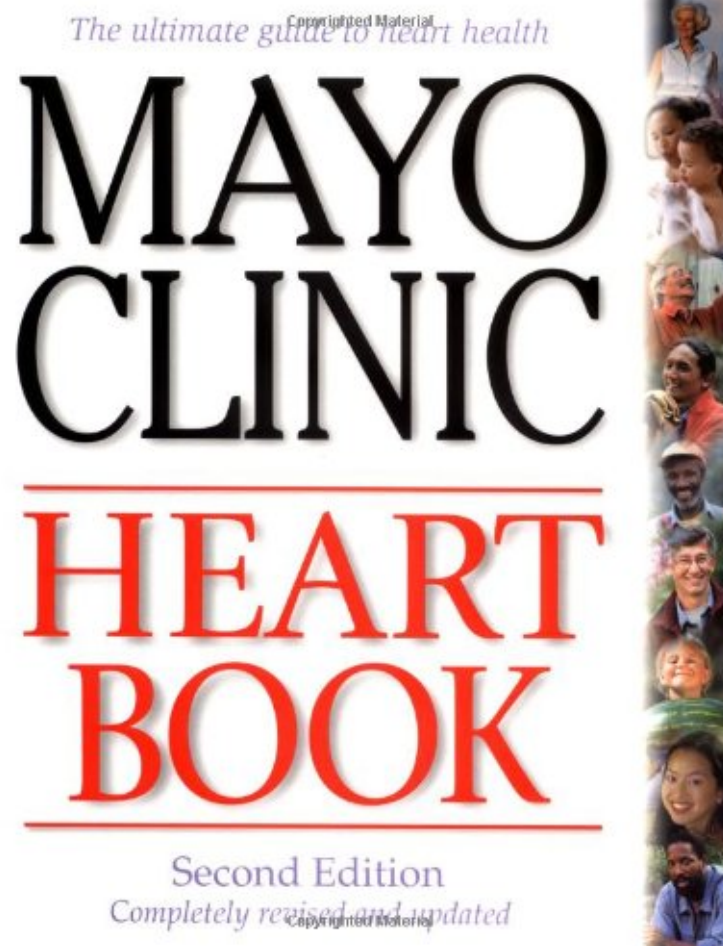


# Mayo Clinic Heart Book, Revised Edition: The Ultimate Guide to Heart Health

*Bernard J. Gersh*

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**Bernard J. Gersh : Mayo Clinic Heart Book, Revised Edition: The Ultimate Guide to Heart Health** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Mayo Clinic Heart Book, Revised Edition: The Ultimate Guide to Heart Health:

0 of 0 people found the following review helpful. Easy to understand book for everyone By SeekingTraveler The Mayo Clinic Heart Book is outstanding. This book is written for everyone; it is not a medical textbook. If you remember basic high school biology, you should have no problems understanding this book. The book provides very simple explanations, with many great illustrations, and with minimum use of medical jargon. Terms that are used are clearly defined and explained. If you are having heart problems (or if you over forty years old), then you should read this book. Mayo Clinic believes in health education: this book (and the Mayo website) will help you (and your parents and

your children) live heart-healthier lives. From coronary artery disease to atrial fibrillation to heart valve disease, this book will explain each condition in very clear, concise language (with some really nice illustrations), and it will explain treatment options. Obviously, this book will not replace a cardiologist or an electrophysiologist, but it will help you to better understand your condition and associated treatment(s). The book also talks a great deal about prevention of heart disease. Cardiovascular disease (CVD) is the number one killer in the United States, for both men and women. According to the book's preface, the average death rate from CVD is one death every 33 seconds. I have known many men who have died suddenly from heart attacks. I believe these men would be alive today if they had been properly diagnosed (by their primary care physicians) and had received coronary bypass surgery. Take responsibility for your own heart-health. Please read this book. Here is a basic summary of the contents of the book:- Basic physiology of the heart: parts of the heart (chambers, valves, arteries, veins); how the heart works; the pumping cycle (the function of each of the four chambers, blood flows to and from the lungs); how the valves work (valve diseases, valve replacement); coronary arteries (coronary artery disease, angioplasty, bypass surgery); electrophysiology of the heart (the heart's conduction system, how a heart beat is regulated, electrophysiology study with catheters, pacemakers); the pericardium.- Symptoms, signals of disease: talking to your doctor; chest pain; angina; shortness of breath; fatigue; swelling; loss of consciousness; light-headedness; palpitations; limb pain; abnormal skin color; sudden change in vision, strength, coordination, speech, or sensation.- Types of heart disease: coronary blockage and heart attack; arrhythmias, palpitations and passing out, high heart rate, low heart rate, atrial fibrillation, ventricular fibrillation; heart failure; cardiomyopathy; congenital heart disease; defects in valves; diseases of the arteries and veins; blood clots, pulmonary embolism, stroke; aneurysms; pericardial disease.- Dealing with coronary artery disease: risk factors (heredity, age, gender); risk factors you can control; should you take aspirin; smoking; high blood pressure; high blood cholesterol (HDL, LDL, testing, children and adolescents); excess weight; diabetes; sedentary lifestyle; stress and your personality.- Reducing risks: stop smoking; eating for a healthy heart; how to improve cholesterol level; becoming more active; handling stress.- Diagnosing heart disease: what to expect during your medical examination; blood tests; electrocardiogram (ECG/EKG); exercise ECG (stress test); 24-hour ECG (holter monitor test); nuclear stress test (nuclear scanning); X-ray; echocardiogram (ultrasound); catheterization and angiogram; electrophysiology (EP) study; CT/spiral CT.- Treating heart disease: emergency care; treating heart muscle problems (treating heart failure, heart transplantation); managing valve disease (medication, valve repair, valve replacement); surviving heart attack; coronary artery bypass; what to expect before, during, and after heart operation; rhythm control (medication, pacemakers, defibrillation, ICD, cardioversion, catheter ablation, pulmonary vein isolation; treating circulatory problems.- Guide to heart medications. 0 of 0 people found the following review helpful. A thorough book for the layman By David Bowers A very thorough book for layman. It goes into much more detail on how the heart works and what goes wrong with it. 0 of 0 people found the following review helpful. Five Stars By TIMOTHY HIBNER Great graphics and very informative. A must have for anyone's library.

Mayo Clinic has the answers people want, as their highly successful books prove--Mayo Clinic Family Health Book has sold more than one million copies worldwide since 1990. Now Mayo introduces a completely revised and updated edition of Mayo Clinic Heart Book. Redesigned for easy access and filled with "Healthy Heart Tips," the book includes the latest information on the prevention, diagnosis, and treatment of cardiovascular disease, the number one killer of women as well as men in our country. Advances in minimally invasive surgeries; the risks and benefits of in-the-news topics such as fish oil and margarine; insights about cardiac disease in women; the controversy surrounding appetite suppressants and heart damage; even new horizons in gene therapy are discussed in full, and much more. Mayo Clinic has the answers people want, as their highly successful books prove--Mayo Clinic Family Health Book has sold more than one million copies worldwide since 1990. Now Mayo introduces a completely revised and updated edition of Mayo Clinic Heart Book. Redesigned for easy access and filled with "Healthy Heart Tips," the book includes the latest information on the prevention, diagnosis, and treatment of cardiovascular disease, the number one killer of women as well as men in our country. Advances in minimally invasive surgeries; the risks and benefits of in-the-news topics such as fish oil and margarine; insights about cardiac disease in women; the controversy surrounding appetite suppressants and heart damage; even new horizons in gene therapy are discussed in full, and much more. Mayo Clinic has the answers people want, as their highly successful books prove--Mayo Clinic Family Health Book has sold more than one million copies worldwide since 1990. Now Mayo introduces a completely revised and updated edition of Mayo Clinic Heart Book. Redesigned for easy access and filled with "Healthy Heart Tips," the book includes the latest information on the prevention, diagnosis, and treatment of cardiovascular disease, the number one killer of women as well as men in our country. Advances in minimally invasive surgeries; the risks and benefits of in-the-news topics such as fish oil and margarine; insights about cardiac disease in women; the controversy surrounding appetite suppressants and heart damage; even new horizons in gene therapy are discussed in full, and much more.

.com Heart ailments kill more men and women in our country than any other disease--and every tissue in our body depends on the heart for survival. That makes this updated classic from one of the world's foremost medical centers a

must-have reference guide for those who've already been diagnosed with heart disease, and for those at risk for developing it (which, given our dietary habits and the prevalence of obesity, is basically the majority of Americans--studies show the arteries of most teens are already partially clogged). More than 125 Mayo Clinic specialists were called upon to contribute to this comprehensive book, which is divided into five sections: part 1 describes how your heart and circulatory system work; part 2 educates you about the various types of heart disease you can develop; part 3 reviews risk factors; part 4 covers diagnosis--from blood tests to electrocardiograms and cardiac catheterizations; and part 5 looks at the latest and most effective drug, device, and surgical treatments. All of the sections are complemented by detailed, color and black-and-white illustrations and photographs. There's even a fabulous 16-page color atlas of the heart and circulatory system. The Mayo Clinic Heart Book will also help you to recognize the signs and symptoms of heart disease (most heart attack patients have more indigestion and arm pain than chest pain), as well as when a trip to the emergency room is warranted or critical. It prepares you for a variety of potential treatment scenarios, and offers a glimpse of a typical rehabilitation and recovery schedule after a heart attack or operation. And it offers up more than 80 tips for preventing heart disease in the first place. All in all, this is information that just may save your life. --Nancy Monson

From Library Journal

The top two cardiac units in the country duke it out on the bookshelves with these consumer health titles. The Mayo Clinic has revised its 1993 guide to heart disease, including updated statistics and some new information, particularly on nutrition (butter vs. margarine, phen-fen, the need to eat more soy), but most of the information is essentially the same as in the first edition. There's nothing in here that you haven't seen in countless other health books, but it is presented well, and the explanations of different types of heart surgery are top-rate. The Cleveland Clinic Heart Book is also a compilation effort by various staff members. Quite similar to the Mayo book, it, too, includes chapters on how the heart works, different types of heart disease, and heart-healthy living. It contains a nice section on medications, including generic and brand names, their uses, and side effects--but then, so does the Mayo book. Both books also have sections on emergencies and CPR, but don't look for alternative therapies. It's hard to imagine two books that are more similar. Basically, they cover exactly the same subject and do it well. Normally, you would only need one or the other, and if you have to choose one, take the Mayo book for its nicer layout and prettier pictures. But most libraries will want both to meet patron requests. As reputable sources of information on standard medical treatment, these two books can't be beat.-Elizabeth A. Williams, Houston Acad. of Medicine-Texas Medical Ctr. Lib. Copyright 2000 Reed Business Information, Inc.

About the Author

Bernard J. Gersh, M.D., is a cardiologist of international renown. The author or coauthor of more than 350 publications and recipient of numerous national and international honors and awards, Dr. Gersh is a longtime consultant in the Division of Cardiology and Internal Medicine at Mayo Clinic and professor of medicine, Mayo Medical School. He lives in Rochester, Minnesota.