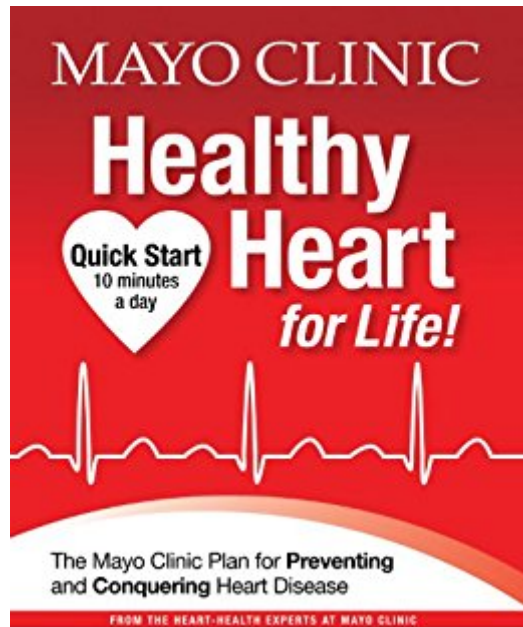


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Mayo Clinic Healthy Heart For Life!



Synopsis

Is that twinge in your chest heartburn or a heart problem? In 2006, more than 600,000 Americans--26% of all deaths in the US that year--died of heart disease, making it our nation's #1 killer. Now, Mayo Clinic provides a comprehensive, step by-step plan to reduce the risks and life-changing effects of heart disease. In *The Mayo Clinic Healthy Heart for Life!*, Mayo Clinic provides up-to-date, clinically proven information that addresses the key causes of heart disease and provides clear, actionable advice in an easy-to follow format, including:

- The three key actions you can taken in a quick-start plan to help you jump-start your way to heart health
- A heart-health assessment to help you create your own customized plan
- An easy-to-follow program designed for life-long heart health
- Tools to help you determine your risk for heart disease
- Information on how to recognize symptoms of heart disease-and what to do about them
- Background on cholesterol's role and info on how you can minimize the effects of bad cholesterol and enhance your levels of good cholesterol
- How to talk to your doctor about heart concerns and what to expect during a medical evaluation
- How heart disease symptoms can be different in women, and other special concerns for women
- How to raise heart-healthy children ...and more

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Customer Reviews

This is a small, but concisely packed book- easy to understand and acted upon. The information is not overwhelming. It has simple plans and language with good examples of what happened when those who did not think they were having heart attacks - actually were. It has warning signs and common myths, risk factors, how to get started on a plan to improve your heart health, planning for emergencies, enjoy life, if you have a problem, how to support your plan - explaining tests, overcoming your eating and activity obstacles, alternative medicine and monitoring your mental health. There are even some recipes. It is all here in a straightforward and uncomplicated way. It is a book everyone should take advantage of.

Having practised Medicine/Surgery for 50 + years, I have come to one conclusion, Three times. Prevention, Prevention & Prevention. Mayo Clinic Foundation is one the Seven Wonders of Life. Their dissemination of Medical knowledge with particular emphasis on Prevention is matchless. The last line in the description of this book, "How To Raise Heart Healthy Children", brings to mind an addition, "It is never too early." to the cliché of, "It's never too late." I wish this book was there before I had my coronary artery bypass (Arterial conduits, as opposed to venous conduits, at the dogged insistence of my Cardiologist friend.) I don't know, how many copies I am going to buy, but they are going to be many for my distribution list is more than one. Bulk discount ? \$16.77 is the least expensive insurance policy one can buy against Heart Disease! I wish I could give this book seven stars, in keeping with the theme of Mayo Clinic being one of the seven wonders of Life. Healing Knife.

After having double by-pass surgery in 1994 at age 48, I literally sat on the floor in a book store and cried from being so overwhelmed with what I needed to do to be heart healthy. There were dozens of books and I didn't know which one to buy. I didn't know where to start. Now almost 20 years later and recovering from a recent heart attack, I found the perfect book. This one book covers it all! It is so well written and easy to follow. One chapter at a time, one week at a time. Easy to understand. (not "doctor speak") Do-able plan.

The subtitle of Healthy Heart for Life reads, "The Mayo Clinic Plan for Preventing and Conquering Heart Disease". Preventing - definitely. Conquering? Hmmm, perhaps a touch of marketing hyperbole... Anyway, setting aside the hype, this is a very good book both for the general population

and sufferers of coronary artery and other cardiac disease. The introduction discusses the effect of lifestyle choices on heart health and goes over the various risk factors associated with heart disease. This sets the stage for a proactive approach to prevention and management (if not the conquering of) these illnesses. The next, and more me most valuable part of the book delves into the development of heart health goals and a plan to achieve them. This goes into practical detail in a tone that encourages the reader to take charge of controllable risk factors. It provides guidance in the setting of appropriate targets and measuring progress in their attainment. Also included is contingency planning for emergencies should one occur. The effect of this is to underscore the responsibility of each individual to contribute to positive heart health outcomes, regardless of family history and other less controllable factors. The next section of the book deals with heart function and how it is impacted by various cardiac diseases. This is useful reference material, particularly for those who have been diagnosed with a cardiac disease and their families. Finally there is a listing of various diagnostic tests, a series of healthy heart recipes, as well as a discussion of alternative medicine and the contribution of emotional well being to physical health. All of this is very accessible to the general reader, and is written in a style that is straightforward while also being uplifting. Definitely recommended.

When my husband was diagnosed with heart disease, he finally had to get serious about his weight and cholesterol. Although I have been cooking and preparing healthy fresh meals for years, he had never been committed. As he dove into this book, he began sharing the importance of several food choices. Because it is written by the Mayo Clinic, he's paying attention and making changes.

This book is a rather heavy, and thin, hard-covered "coffee table" book. It has glossy pages with beautiful graphics and photos in them. There is good information in here and it is presented well but the information is basic and is presented as a "quick start" guide. The book is divided into 3 main sections, the first being the Mayo Clinic program to get you on the right track for a healthy heart; the second section is on how the heart works and how it can malfunction with beautiful color diagrams; and the last section is on supporting your plan with great recipes and other important points.

Mayo Clinic Healthy Heart for Life is a must read for everyone!!!! It carries you through all the stages of living a healthy life and maintaining a healthy heart. This book is not just for people with a heart condition. It could help anyone from being diagnosed with a heart condition and if you are already diagnosed with a heart condition, this book is a great resource to assist with your recovery and living

a healthy life. The book is broken into four parts for ease of reference :- Part One deals with Mayo Clinic plan for prevention of heart diseases; The Eat 5, Move 10 and Sleep 8 plan. Part Two goes into further details of this plan and provides an encyclopedia of information and methods to assist. Part Three shows in great detail how the heart works and the different heart diseases and conditions that can occur. It also shows how to assist with recovery from these conditions in order to live a healthy life. Throughout the book, Mayo Clinic introduces some of the doctors and patients with real life advice and experiences in various conditions. The book is well written and is very user friendly. As a heart patient myself I will be using this book as a reference and guide to my recovery.

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