

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

By Bernard J. Gersh

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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.

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Mayo Clinic Heart Book, Revised Edition: The Ultimate Guide to Heart Health By Bernard J. Gersh Bibliography

- Sales Rank: #560723 in Books
- Brand: Brand: William Morrow
- Published on: 2000-01-15
- Original language: English
- Number of items: 1
- Dimensions: 10.00" h x 1.02" w x 8.00" l,
- Binding: Hardcover
- 416 pages

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Editorial Review

Amazon.com Review

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.*

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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.

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