

# The Woman's Heart

AN OWNER'S GUIDE



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# The Womans Heart An Owners Guide

**Texas Heart Institute**



## **The Woman's Heart An Owner's Guide:**

**Woman's Heart** John A. Eleftheriades, 2010-08-27 In this invaluable and engaging guide to the woman's heart two leading heart specialists focus on the unique factors affecting women's cardiovascular health. Writing in language that is completely accessible to the general reader they provide crucial potentially life saving information and guidance to help women monitor their own heart health. Among the topics discussed in clear easy to follow language are: In what ways is a woman's heart different from a man's? How do pregnancy and childbirth affect the heart and circulation? What are the symptoms of heart disease in women? What are the most prevalent diseases of the heart among women including mitral valve prolapse and how dangerous are they really? What cardiac tests should women be taking? When are medications enough and when is surgery necessary? How is the heart affected by menopause and aging? What are the future prospects for improving heart health and treatment for women? For both healthy women and those already coping with heart disease this comprehensive owner's manual on the female heart provides essential information for living life to its fullest.

**Breasts: The Owner's Manual** Kristi Funk, 2018-05-01 A national bestseller Breast cancer surgeon Dr Kristi Funk offers a comprehensive and encouraging approach to breast care and breast cancer. Empower yourself with facts and strategies to understand your breasts, reduce your cancer risk and open your eyes to interventions and treatments. Most women don't want to hear about breast cancer unless they have it and need to make some decisions but these days news about breast cancer the number one killer of women ages twenty to fifty nine is everywhere. Chances are you know someone who has had it. But did you know that choices you make every day bring you closer to breast cancer or move you farther away? That there are ways to reduce your risk factors? And that many of the things you've heard regarding the causes of breast cancer are flat out false? Based on Dr Kristi Funk's experience as a board certified breast cancer surgeon she knows for a fact that women have the power to reduce breast cancer risk in dramatic ways. Many women believe that family history and genetics determine who gets breast cancer but that's not true for most people. In fact 87 percent of women diagnosed with breast cancer do not have a single first degree relative with breast cancer. This book will help you learn the breast health basics that every woman should know. Reduce your cancer risk and recurrence risk based on food choices and healthy lifestyle changes backed by rigorous scientific research. Understand the controllable and uncontrollable risk factors for breast cancer. Outline your medical choices if you're at elevated risk for or are already navigating life with breast cancer. There have been few solid guidelines on how to improve your breast health lower your risk of getting cancer and make informed medical choices after treatment until now. With her book available in 10 languages and in more than 30 countries Dr Funk is passionate about her mission of educating as many women as possible about what they can do to stop breast cancer before it starts. Praise for *Breasts: The Owner's Manual* Dr Funk writes *Breasts: The Owner's Manual* just like she talks with conviction passion and a laser focus on you. Dr Mehmet Oz Host of The Dr Oz Show *Breasts: The Owner's Manual* will become an indispensable and valued guide for women.

looking to optimize health and minimize breast illness Debu Tripathy MD Professor and Chair Department of Breast Medical Oncology University of Texas MD Anderson Cancer Center Breasts The Owner s Manual not only provides a clear path to breast health but a road that leads straight to your healthiest self As someone who has faced breast cancer I suggest you follow it Robin Roberts Co anchor Good Morning America

**YOU: The Owner's Manual** Mehmet C. Oz, M.D., Michael F. Roizen, M.D., 2013-12-17 The 1 bestseller that gives YOU complete control over your body and your health In this updated and expanded edition America s favorite doctors Michael Roizen and Mehmet Oz discuss how YOU actually have control over your genes Discover how diseases start and how they affect your body as well as advice on how to prevent and beat conditions that threaten your quality of life YOU The Owner s Manual challenges preconceived notions about how the human body works and ages and takes you on a fascinating grand tour of all your blood pumping food digesting and numbers remembering systems and organs including the heart brain lungs immune system bones and sensory organs There are also 100 questions asked by you and answered by the experts For instance do you know which of the following statements are true As you increase the amount you exercise the rewards you gain from it increase as well If you re not a smoker you have nothing to worry about when it comes to your lungs Your immune system always knows the difference between your own cells and enemy invaders The biggest threat to your arteries is cholesterol Memory loss is a natural inevitable part of aging Stress is the greatest ager and controlling it changes which of your genes is on Did you answer true for any of the above Then take a look inside Complete with exercise tips nutritional guidelines simple lifestyle changes and alternative approaches YOU The Owner s Manual debunks myths and gives you an easy comprehensive and life changing How To plan as well as great tasting and calorie saving recipes that can help you live a healthier younger and better life Be the best expert on your body

*Extraordinary Hearts* John A. Eleftheriades, MD, 2014-04-01 Cardiac surgeon John A Eleftheriades one of Men s Health magazine s ten best doctors in America shares moving patient stories and lessons about the human heart The human heart is a paradox incredibly strong yet surprisingly fragile And while stories that reveal its symbolic characteristics abound there are far fewer that laud its physical capabilities which are perhaps even more profound Dr Eleftheriades one of the most respected cardiac surgeons in America has treated more than 10 000 patients in his distinguished career Now for the first time he shares fascinating stories of his most memorable patients and cases patients who have challenged him technically and moved him emotionally patients who have enriched his life and expanded his horizons while he cared for their hearts By detailing heart conditions and cardiac reparative procedures with specific yet accessible medical narratives Dr Eleftheriades encapsulates the beauty complexity and majesty of the human heart But there is far more to this organ and these stories than a collection of veins arteries and valves These are stories of courage miracles and the bravery of patients some famous and others not and their families when facing nearly insurmountable challenges offering a thought provoking informative and at times heart wrenching study of the resilience of both the human body and spirit

**101 Questions about Blood and**

**Circulation, 2nd Edition** Faith Hickman Brynie, 2013-01-01 As in previous books in this critically acclaimed series Brynie polled hundreds of high school students across the country to find out what they wanted to know most about blood and circulation Using an accessible question and answer format Brynie helps readers discover and learn facts about the blood and circulation in human body Brynie appealing and clear writing style makes learning about blood and circulation as easy as donating blood to the blood bank

YOU: The Owner's Manual (Enhanced Edition) Mehmet C. Oz, M.D., Michael F. Roizen, M.D., 2014-01-07 The 1 bestseller that gives YOU complete control over your body and your health In this updated and expanded edition America's favorite doctors Michael Roizen and Mehmet Oz discuss how YOU actually have control over your genes Discover how diseases start and how they affect your body as well as advice on how to prevent and beat conditions that threaten your quality of life YOU The Owner's Manual challenges preconceived notions about how the human body works and ages and takes you on a fascinating grand tour of all your blood pumping food digesting and numbers remembering systems and organs including the heart brain lungs immune system bones and sensory organs There are also 100 questions asked by you and answered by the experts For instance do you know which of the following statements are true As you increase the amount you exercise the rewards you gain from it increase as well If you're not a smoker you have nothing to worry about when it comes to your lungs Your immune system always knows the difference between your own cells and enemy invaders The biggest threat to your arteries is cholesterol Memory loss is a natural inevitable part of aging Stress is the greatest ager and controlling it changes which of your genes is on Did you answer true for any of the above Then take a look inside Complete with exercise tips nutritional guidelines simple lifestyle changes and alternative approaches YOU The Owner's Manual debunks myths and gives you an easy comprehensive and life changing How To plan as well as great tasting and calorie saving recipes that can help you live a healthier younger and better life Be the best expert on your body

*The Owner's Manual Diet* Mehmet C. Oz, M.D., Michael F. Roizen, 2009-12-08 The 1 bestseller that gives YOU complete control over your body and your health In this updated and expanded edition America's favorite doctors Michael Roizen and Mehmet Oz discuss how YOU actually have control over your genes Discover how diseases start and how they affect your body as well as advice on how to prevent and beat conditions that threaten your quality of life YOU The Owner's Manual challenges preconceived notions about how the human body works and ages and takes you on a fascinating grand tour of all your blood pumping food digesting and numbers remembering systems and organs including the heart brain lungs immune system bones and sensory organs There are also 100 questions asked by you and answered by the experts For instance do you know which of the following statements are true As you increase the amount you exercise the rewards you gain from it increase as well If you're not a smoker you have nothing to worry about when it comes to your lungs Your immune system always knows the difference between your own cells and enemy invaders The biggest threat to your arteries is cholesterol Memory loss is a natural inevitable part of aging Stress is the greatest ager and controlling it changes which of

your genes is on Did you answer true for any of the above Then take a look inside Complete with exercise tips nutritional guidelines simple lifestyle changes and alternative approaches YOU The Owner s Manual debunks myths and gives you an easy comprehensive and life changing How To plan as well as great tasting and calorie saving recipes that can help you live a healthier younger and better life Be the best expert on your body [A Woman's Guide to a Healthy Heart](#) Carol Simontacchi, Frances Fitzgerald, 2004 Often thought of as a men s disease heart disease is the leading cause of death among women and one of the most often misdiagnosed This important book provides women with much needed advice on reducing treating and preventing heart ailments naturally In detail the authors explore the causes and effects of cardiovascular disease as well as the latest heart medication and surgeries They also offer specific food and exercise recommendations designed to promote heart health **The Research Process** Myrtle S. Bolner, Gayle A. Poirier, 2004 **The Christian Life - An Owner's Manual** Scot McCallum, 1995 **The Publishers Weekly** , 1893 *Heart Owner's Handbook* Texas Heart Institute, 1995-12-21 From one of the most respected cardiovascular research and education facilities in the world comes a personalized wellness program for your most important asset Take the Institute s simplest to evaluate your heart s health and identify your individual risk factors Then use the easy to follow step by step program to improve your overall health Specifics include Exercise What kind you should do and how much is enough Chapters 2 and 15 Weight Control What body type are you A practical approach to attaining a healthy weight Chapters 4 and 16 Managing Stress How to measure and reduce it Chapters 7 and 18 Controlling High Blood Pressure How to detect it and what to do about it Chapter 8 Lowering Your Cholesterol Count How much is too much and how you can control it Chapter 9 Nutrition and Recipes The latest guidelines and 31 delicious heart smart recipes Chapters 3 and 21 The Differences Between Men s and Women s Heart Health Pregnancy and childbearing hormones menopause and their relationship to heart disease Chapter 11 Diagnosis and Treatment How to recognize the symptoms of heart disease what to ask your doctor and the facts about heart surgery and drug therapy Chapters 23 26 and 35 **New Books on Women, Gender and Feminism** , 2008 [Book Review Index - 2009](#) [Cumulation](#) Dana Ferguson, 2009-08 Book Review Index provides quick access to reviews of books periodicals books on tape and electronic media representing a wide range of popular academic and professional interests The up to date coverage wide scope and inclusion of citations for both newly published and older materials make Book Review Index an exceptionally useful reference tool More than 600 publications are indexed including journals and national general interest publications and newspapers Book Review Index is available in a three issue subscription covering the current year or as an annual cumulation covering the past year **The Devil, the Lovers, & Me** Kimberlee Auerbach, 2007 The author describes her survival of an abusive relationship her mother s mid life sexual proclivities and the interference of friends and her father during a promising new romance challenges that prompted her visit to an atypical tarot card reader [Keeping Healthy by Keeping Track](#) Lillian Shah, Laura Messinger, 2006-08 **A Woman's Guide to Coping with Disability** , 2000 Despite the

recent increased interest in women's health little has been written about and for disabled women This outstanding new source meets a genuine need by providing an overview of all aspects of women's lives and how disability affects them as workers homemakers parents and caregivers Necessities such as driving obtaining adequate medical care enjoying recreation and travel as well as personal concerns related to sexuality pregnancy and childbirth are all addressed The guide covers federal laws housing coping with daily activities at home and in the workplace and the most common conditions that disable women arthritis diabetes epilepsy lupus multiple sclerosis osteoporosis and spinal cord injury Each chapter contains a bibliography or sources cited in the text a referral list of organizations and a resource list of books audio and videotapes and vendors of assistive devices Quotes from disabled women illustrate their coping skills and the impact of their conditions on their lives Barbara M Bibel Oakland P L Cal Library Journal     **Library Journal** ,2001     **The American Catalogue** ,1896     Library Journal Melvil Dewey, Richard Rogers Bowker, L. Pylodet, Charles Ammi Cutter, Bertine Emma Weston, Karl Brown, Helen E. Wessells, 2007 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately

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