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When Your Doctor Says: Heart Disease (KWS Publishers - When Your Doctor Says)

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Providing practical guidance about what to do next if you have suffered a heart attack or received a diagnosis of a heart condition, this book explains the diagnostic tests and monitoring procedures used to evaluate heart function and describes the various medications used to regulate heart rhythm, lower blood pressure, control cholesterol, and improve the efficiency of the heart. Lifestyle issues related to restoring heart health are reviewed, along with suggestions for coping with changes in diet and activity levels.

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