



The Living Heart in the 21st Century

Michael E. Debakey Phd

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This authoritative guide on common conditions affecting the heart and circulatory system provides essential knowledge and lifesaving tips to help both healthy persons as well as heart patients improve their cardiovascular health. Based on the combined experience of two experts who have played leading roles in defining the field of heart health, this is a completely revised and up-to-date volume in the bestselling Living Heart series. For over four decades, the authors have set the standard in these books for reliable information on heart disease and cardiovascular health.

Organized in an approachable, easy-to-understand format, the engaging text covers the latest guidelines on reducing cardiovascular risk. The authors clearly explain the scientific rationale for these guidelines and advise patients on how they can translate the information to their own lives. They also explain how doctors detect, diagnose, and treat coronary heart disease if it does occur, so that patients can take charge of their own healthcare and communicate more effectively with their medical providers.

In addition, the book describes other common forms of heart disease, including arrhythmias, valvular disease, and heart failure.

The authors conclude by discussing genetic research, emphasizing the most promising developments likely to affect medical practice in the near future.

For anyone seeking the latest information on cardiovascular disease prevention and treatment, this is the essential resource.

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