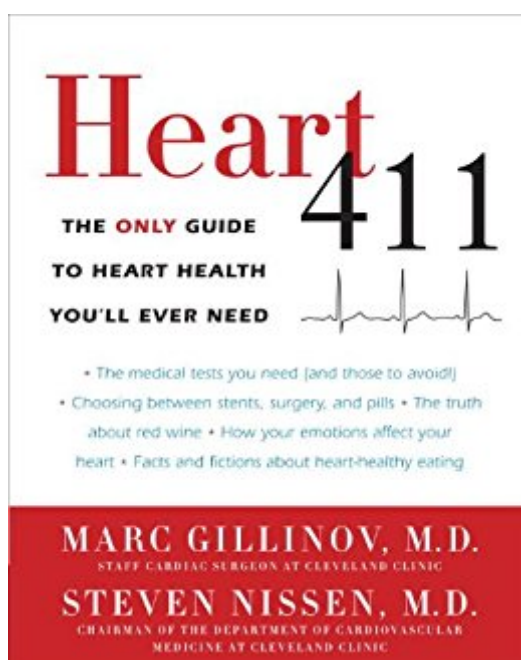


The book was found

# Heart 411: The Only Guide To Heart Health You'll Ever Need



## Synopsis

The definitive guide to heart health from two of America's most respected doctors at Cleveland Clinic, the #1 hospital for heart health in America. Are you one of the eighty-two million Americans currently diagnosed with cardiovascular disease or one of the millions more who think they are healthy but are at risk? Whether your goal is to get the best treatment or stay out of the cardiologist's office, your heart's health depends upon accurate information and correct answers to key questions. In Heart 411, two renowned experts, heart surgeon Marc Gillinov and cardiologist Steven Nissen, tackle the questions their patients have raised over their decades of practice: Can the stress of my job really lead to a heart attack? How does exercise help my heart, and what is the right amount and type of exercise? What are the most important tests for my heart, and when do I need them? How do symptoms and treatments differ among men, women, and children? Backed by decades of clinical experience and up-to-the-minute research, yet written in the accessible, down-to-earth tone of your trusted family doctor, Heart 411 cuts through the confusion to give you the knowledge and tools you need to live a long and heart-healthy life. From the Trade Paperback edition.

## Book Information

File Size: 5926 KB

Print Length: 562 pages

Page Numbers Source ISBN: 0307719901

Publisher: Harmony; 1 edition (January 31, 2012)

Publication Date: January 31, 2012

Language: English

ASIN: B00540P95W

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #243,459 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #8 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Reference #36 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Reference #65 in Kindle Store > Kindle eBooks > Medical eBooks > Internal Medicine > Cardiology

## Customer Reviews

A researcher by both temperament and profession, I normally run in the other direction from such inflated publisher claims as "the only guide to heart health you'll ever need." After all, knowledge is empowering, and even credible and informed sources often disagree, a reality that generally makes relying on a single source a foolish proposition at best. But in a real sense that claim can justly be made for Drs. Gillinov and Nissen's *Heart 411*. Not because of any specific information or advice they offer (although there is a wealth of that, all backed up by the latest scientific findings explained in an engaging and accessible way for the intelligent layman), but rather because Drs. Gillinov and Nissen provide their readers the tools with which to evaluate the myriad health claims that daily clamor for our attention. Can we really "Reverse Heart Disease" or "End [...] Illness" now, as the titles of recent bestsellers assert? A chapter devoted to evaluating medical evidence (Chapter 9) explains how to interpret and judge the scientific evidence behind the day's health headlines. The qualitative difference between the validity of observational studies and that of randomized controlled trials is thoroughly explained, as well as such concepts as surrogate endpoints (just because a drug is effective at raising HDL, or "good" cholesterol, does not necessarily mean that it saves lives), confounding factors (what else may be responsible for this result?) and causality (an "association" between low vitamin D levels and heart disease does not necessarily mean that vitamin D deficiency causes heart disease.) With this knowledge, the reader can begin to navigate the tricky shoals of medical information with confidence.

*Heart 411* is a very comprehensive and well written book, but the authors are very wrong on the optimal diet for heart disease. My qualifications for writing this review are four college degrees, research in many fields, extensive study of experimental design, and a history of three heart attacks, two angioplasties (before stents), and a triple bypass 22 years ago. At that time, I went on the Pritikin/Ornish/Esselstyn diet and have had no problems since. I run 5k races with full exertion and no chest pain. The authors recommend the Mediterranean Diet and statins. They say: "If you follow our advice, our waiting rooms will empty out, and you just might put us out of business." (p.531). Let's examine the truth of their assertions. In the Lyon Diet Heart Study (1999), the Mediterranean Diet was compared to the standard American diet. The subjects were patients who had one heart attack. The Mediterranean Diet did better than the standard American diet, but here is the bad news. Nearly one quarter (24%) of those on the Mediterranean Diet had another heart attack or died. Is a 1 in 4 chance of dying or having a second heart attack satisfactory for you? Those are bad odds in my opinion. The Pritikin/Ornish/Esselstyn diet has a success rate of nearly 100% in

preventing future cardiac events. Although the Mediterranean diet may slow disease progression, you can actually stop your heart disease on the Pritikin/Ornish/Esselstyn diet. Do statins reliably stop heart disease? On page 53, the authors celebrate the, Scandinavian Simvastatin Survival Study, the 4S Study (1994), calling the study "proof" of the effectiveness of the statin and the results "stunning". They cite the dramatic reduction in the relative risk of those taking the statin.

[Download to continue reading...](#)

Hands-on Study Guide for Exam 70-411: Administering Windows Server 2012 R2 (Exam 70-411, 70-411, Exam Ref 70-411, MCSA Windows Server 2012 R2, MCSE Windows Server 2012 R2)  
Heart 411: The Only Guide to Heart Health You'll Ever Need Heart Disease: Heart Disease Prevention And Reversal Guide To Prevent Heart Disease And Reverse Heart Disease With Heart Disease Prevention Strategies And Heart Disease Diet Advice The Ultimate Guide to Cast Iron Cooking: Unlock Over 25 Cast Iron Skillet Recipes - The Only Cast Iron Cookbook You Will Ever Need Effortless Kodi (XBMC) Installation with Raspberry Pi 2 and 3: The Only Raspberry Pi 2 / 3 Kodi (XBMC) Step-by-Step Installation Guide You Will Ever Need Dr. and Mrs. Guinea Pig Present The Only Guide You'll Ever Need to the Best Anti-Aging Treatments Pie Recipes from Scratch - The Only Pie Cookbook You'll Ever Need (Hillbilly Housewife Cookbooks 4) The Only Squirrel Cookbook You'll Ever Need: 101 Recipes from Around the World The Ultimate Rice Cooker Cookbook - Over 25 Mouthwatering Rice Cooker Recipes: The Only Rice Cooker Cookbook You Will Ever Need Italian Cooking 101: The Only Italian Cookbook You Will Ever Need Cast Iron Cookbook: The Only Cast Iron Skillet Cookbook and Cast Iron Skillet Recipes You Will Ever Need The only Lawn Care and Maintenance resource you will ever need.: Hundreds of useful tips to obtain the lawn of your dreams The Only Book You'll Ever Need to Fight Head Lice The Only IP Book You Will Ever Need!: Unraveling the mysteries of IPv4 & IPv6 The Anti Ageing Beauty Bible: The only steps you need to look and feel gorgeous for ever Calm the F\*ck Down: The Only Parenting Technique You'll Ever Need Raven's Lucky Numbers Dream Book: The Only Lottery Book You'll Ever Need The Kidney Disease Solution, The Ultimate Kidney Disease Diet Cookbook: The Only Renal Diet Cookbook You Will Ever Need Use This Book!: The Only Book You'll Ever Need! The Only Grammar & Style Workbook You'll Ever Need: A One-Stop Practice and Exercise Book for Perfect Writing

[Dmca](#)