



# Heart Owner's Handbook

*Texas Heart Institute*

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## **Heart Owner's Handbook** Texas Heart Institute

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 simple test to evaluate your heart's health and identify your individual risk factors. Then, use the easy-to-follow, step-by-step programs 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 guide-lines 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)

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