



## Cardiovascular Health: Living Your Best with a Healthy Heart (Paperback)

By Dr Martin Juneau

Dundurn Group, Canada, 2018. Paperback. Condition: New. Language: English . Brand New Book. A complete guide to the treatment and prevention of cardiovascular disease. Being diagnosed with a cardiovascular disease seems unlikely to many, yet cardiovascular diseases are actually the leading cause of mortality worldwide. The good news is that by modifying our lifestyle habits, it's possible to increase both our number of healthy years and our lifespan. While modern medicine has an impressive arsenal of drugs, imaging techniques, and intervention procedures and can usually save patients in the acute phase of a heart attack, heart specialists recommend that we adopt a proactive attitude with respect to disease prevention. In a simple, easy-to-read style, Dr. Martin Juneau examines specific case studies from his own extensive clinical practice to explain new issues in heart health. From the incredible importance of exercise and diet to the unsuspected role of stress and air pollution, Cardiovascular Health explains how the heart functions, describes coronary bypasses and other rescue procedures, explores promising new research, and teaches you about the risks and preventative steps you can take to maintain a happy, healthy heart.

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