



The Expert Guide to Beating Heart Disease (Harperresource Book)

Harlan M. Krumholz

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What Do the Best-Trained Doctors Do to Beat Heart Disease?

In today's avalanche of medical information, how can you distinguish between proven evidence and unfounded claims? This is the first book to translate key medical data into clear guidelines capturing the highest treatment standards for heart disease. Renowned cardiovascular expert Dr. Harlan Krumholz presents seven strategies for reducing cardiac risk—what professionals agree really works. In this indispensable handbook, he also profiles care alternatives from supplements to stress reduction as well as treatments on the horizon. A "Tools for Success" section helps you track blood pressure, cholesterol, exercise, and weight.

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