

Yale University School of Medicine Heart Book

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Abstrak

"From one of the country's finest schools of medicine comes the most comprehensive, authoritative, and practical lay reference guide to the heart ever published. For the more than sixty-five million Americans affected by some form of cardiovascular disease and the millions of others concerned about their risk of heart disease, the Yale University School of Medicine Heart Book could well be a lifesaver, with indispensable information on the prevention, symptoms, diagnosis, and treatment of our number one killer disease." "Each of the twenty-nine chapters was written by a member of Yale's distinguished medical school faculty and staff. In clear, understandable language they provide answers such as how to recognize critical warning signs (and take preventive action) before a heart attack strikes, how to live a normal life after a heart attack, how to modify your diet to lower cholesterol and lose weight without destroying the pleasure of eating, and how to manage stress in today's anxiety-ridden world." "There are special sections on tests and procedures as well as chapters on heart disease in women, the elderly, and children and young adults. A quick reference "Encyclopedia of Common Heart Disorders" provides at-a-glance descriptions of each medical problem, as well as its diagnosis, treatment, and prevention." "Also featured is a full-color atlas of the cardiovascular system and more than two hundred illustrations, charts, and tables.