

Heart Age

Caldwell B. Esselstyn Jr. M.D.

Heart age ,2015

Hearts & Arteries Caroline McNeil,1994

Hearts and Arteries Caroline McNeil,1996-04 Discusses the advances made in learning how the normal aging process affects the heart & arteries & how to treat cardiovascular diseases. The most important findings are highlighted, & the future of cardiovascular medicine is also included. Chapters include: heart dynamics, measuring the heart, the biology of physical fitness, arteries: young & old, measuring stiffness, when the brain talks to the heart, how a myocyte contracts, exercise & the aging myocyte, what happens during atherosclerosis, & gene therapy. Glossary of terms. Illustrated.

Love Is from Heart to Heart D. L. Davis,2013-06-11 Delilah is a hard working divorced self employed Occupational Therapist. She has raised two wonderful twin daughters, who are both now in grad school. Delilahs contented with her life helping inner city kids with disabilities, whose parents cant afford long term therapy. But all that is about to change. When she meets a younger man in the neighborhood food mart and a near encounter with death in the parking lot, drove them together inadvertently. Life just gets a whole lot better.

American Heart Association Complete Guide to Women's Heart Health American Heart Association,2011-12-27 Heart disease poses the greatest health threat that women in the United States face: One in every three women will die from it each year. But that doesn't have to be the case. Heart disease is not an inevitable part of growing older. In fact, if you reach the age of 50 without developing the major risk factors for heart disease, you can live your entire life without it, and your chances of dying from it decrease from 50 percent to a strikingly low 8 percent. The key to preventing heart disease is embracing a heart-healthy lifestyle—and the sooner, the better. In this groundbreaking book, the American Heart Association shows you how even the smallest changes can make a big difference over time to protect the health of your heart. The Complete Guide to Women's Heart Health explains how gradual and sustainable shifts in your routine, such as using just a little more than one percent of your time each week to exercise or losing just 10 percent of your body weight, can have a far-reaching impact on your health. With specific pointers on diet, exercise, and health care, this book shows you how to get past the common obstacles as well as how to make taking care of your heart easy and attainable for the busy life you lead, at every age. In chapters targeted for every decade of a woman's life from her 20s to her 70s and beyond, the American Heart Association gives women age-appropriate advice on healthy lifestyle choices and heart-health care. Additional information addressing issues of special interest to women and how those issues affect the heart include: · Smoking· Pregnancy· Menopause and hormone therapy· Aging· Diabetes and other health conditions With the latest guidelines on prevention, suggestions on how to work with your healthcare providers to maintain and improve your vitality, details on screening technologies, and facts about common diagnoses and treatment options, this book is the ultimate resource to help you—and all the women in your life—fight heart disease. From the Hardcover edition.

A Nationwide Framework for Surveillance of Cardiovascular and Chronic Lung Diseases Institute of Medicine,Board on Population Health and Public Health Practice,Committee on a National Surveillance System for Cardiovascular and Select Chronic Diseases,2011-08-26 Chronic diseases are common and costly, yet they are also among the most preventable health problems. Comprehensive and accurate disease surveillance systems are needed to implement successful efforts which will reduce the burden of chronic diseases on the U.S. population. A number of sources of surveillance data—including population surveys, cohort studies, disease registries, administrative health data, and vital statistics—contribute critical information about chronic disease. But no central surveillance system provides the information needed to analyze how chronic disease impacts the U.S. population, to identify public health priorities, or to track the progress of preventive efforts. A Nationwide Framework for Surveillance of Cardiovascular and Chronic Lung Diseases outlines a conceptual framework for building a national chronic disease surveillance system focused primarily on cardiovascular and chronic lung diseases. This system should be capable of providing data on disparities in incidence and prevalence of the diseases by race, ethnicity, socioeconomic status, and geographic region, along with data on disease risk factors, clinical care delivery, and functional health outcomes. This coordinated surveillance system is needed to integrate and expand existing information across the multiple levels of decision making in order to generate actionable, timely knowledge for a range of stakeholders at the local, state or regional, and national levels. The recommendations presented in A Nationwide Framework for Surveillance of Cardiovascular and Chronic Lung Diseases focus on data collection, resource allocation, monitoring activities, and implementation. The report also recommends that systems evolve along with new knowledge about emerging risk factors, advancing technologies, and new understanding of the basis for disease. This report will inform decision-making among federal health agencies, especially the Department of Health and Human Services; public health and clinical practitioners; non-governmental organizations; and policy makers, among others.

The Heart Ages, But It Doesn't Grow Old Steven C. Scheer,2008-05 Advance Praise for The Heart Ages, But It Doesn't Grow Old Steven C. Scheer's stories move us back and forth with questions about life and death, time and eternity, sex and love, and organically weave their tales around us. Scheer's enthusiasm for life penetrates every page of his work, and his metaphysical musings remain with us long after the eye leaves the pages and the book is returned to the shelf. - John William McMullen, author of Poor Souls and other novels. Steven C. Scheer's stories masterfully explore the nuances and metaphysics that make up life. From memories of the carnal melee of impetuous youth to the quiet reflections of impending old age, his irreverent honesty and seasoned wit enliven our hearts and rehabilitate the happy child that still gambols inside each of us. - Daniel McCasoway, author of Letters from Eden and the forthcoming Seventh Illumination of Kefram Andemov.

Cardiovascular Disability Institute of Medicine,Board on the Health of Select Populations,Committee on Social Security Cardiovascular Disability Criteria,2010-12-04 The Social Security Administration (SSA) uses a screening tool called the Listing of Impairments to identify claimants who are so severely impaired that they cannot work at all and thus immediately qualify for benefits. In this report, the IOM makes several recommendations for improving SSA's capacity to determine disability benefits more quickly and efficiently using the Listings.

How We Age Marc Agronin,2011-04 In the tradition of Atul Gawande and Sherwin Nuland, Marc Agronin writes luminously and unforgettably of life as he sees it as a doctor. His beat is a nursing home in Miami that some would dismiss as "God's waiting room." Nothing in the young doctor's medical training had quite prepared him for what he was to discover there. As Agronin first learned from ninety-eight-year-old Esther and, later, from countless others, the true scales of aging aren't one-sided - you can't list the problems without also tallying the hopes and promises. Drawing on moving personal experiences and in-depth interviews with pioneers in the field, Agronin conjures a spellbinding look at what aging means today - how our bodies and brains age, and the very way we understand aging.

Understanding Your Heart Tests: School age ,1988

The Aging Heart Myron L. Weisfeldt,1980

From Hypertension to Heart Failure Michael Böhm,John H. Laragh,Manfred Zehender,1998-04-16 The book From Hypertension to Heart Failure will cover new aspects of the treatment of hypertension, arrhythmias, heart failure and coronary artery diseases. The topics will include new pathophysiological findings, the theoretical background of pharmacological treatment, results of the latest studies, and practical guidelines for treatment. Case reports will make the book applicable for a broad readership of general internists.

The therapy of heart failure with betablockers is one of the most controversially discussed topics in cardiovascular medicine. Therefore, the book will critically deal with this new form of therapy for this disabling condition.

Heart Disease in Middle and Advance Age J. Mitchell Bruce, 2020-07-25 Reproduction of the original: Heart Disease in Middle and Advance Age by J. Mitchell Bruce

Healthy Heart Paul Chappuis Bragg, Patricia Bragg, 2007-09 Presents a comprehensive guide to maintaining a healthy cardiovascular system, including facts on heart disease and prevention, stress control, lowering cholesterol, exercise and fitness.

Prevent and Reverse Heart Disease Caldwell B. Esselstyn Jr. M.D., 2008-01-31 The New York Times bestselling guide to the lifesaving diet that can both prevent and help reverse the effects of heart disease Based on the groundbreaking results of his twenty-year nutritional study, *Prevent and Reverse Heart Disease* by Dr. Caldwell Esselstyn illustrates that a plant-based, oil-free diet can not only prevent the progression of heart disease but can also reverse its effects. Dr. Esselstyn is an internationally known surgeon, researcher and former clinician at the Cleveland Clinic and a featured expert in the acclaimed documentary *Forks Over Knives*. *Prevent and Reverse Heart Disease* has helped thousands across the country, and is the book behind Bill Clinton's life-changing vegan diet. The proof lies in the incredible outcomes for patients who have followed Dr. Esselstyn's program, including a number of patients in his original study who had been told by their cardiologists that they had less than a year to live. Within months of starting the program, all Dr. Esselstyn's patients began to improve dramatically, and twenty years later, they remain free of symptoms. Complete with more than 150 delicious recipes perfect for a plant-based diet, the national bestseller *Prevent and Reverse Heart Disease* explains the science behind the simple plan that has drastically changed the lives of heart disease patients forever. It will empower readers and give them the tools to take control of their heart health.

State of the Heart Haider Warraich, 2019-07-23 In *State of the Heart*, Dr. Haider Warraich takes readers inside the ER, inside patients' rooms, and inside the history and science of cardiac disease. *State of the Heart* traces the entire arc of the heart, from the very first time it was depicted on stone tablets, to a future in which it may very well become redundant. While heart disease has been around for a while, the type of heart disease people have, why they have it, and how it's treated is changing. Yet, the golden age of heart science is only just beginning. And with treatments of heart disease altering the very definitions of human life and death, there is no better time to look at the present and future of heart disease, the doctors and nurses who treat it, the patients and caregivers who live with it, and the stories they hold close to their chests. More people die of heart disease than any other disease in the world and when any form of heart disease progresses, it can result in the development of heart failure. Heart failure affects millions and can affect anyone at anytime, a child recovering from a viral infection, a woman who has just given birth or a cancer patient receiving chemotherapy. Yet new technology to treat heart failure is fundamentally changing just what it means to be human. Mechanical pumps can be surgically sown into patients' hearts and when patients with these pumps get really sick, sometimes they don't need a doctor or a surgeon—they need a mechanic. In *State of the Heart*, the journey to rid the world of heart disease is shown to be reflective of the journey of medical science at large. We are learning not only that women have as much heart disease as men, but that the type of heart disease women experience is diametrically different from that in men. We are learning that heart disease and cancer may have more in common than we could have imagined. And we are learning how human evolution itself may have led to the epidemic of heart disease. In understanding how our knowledge of the heart evolved, *State of the Heart* traces the twisting and turning road that science has taken—filled with potholes and blind turns—all the way back to its very origin.

Progress against Heart Disease Fred C. Pampel, Seth Pauley, 2004-07-30 In the last 35 years, declining deaths from heart disease have translated into 13 million lives saved and extended. Medical treatments and lifestyle changes have dealt successfully with the serious heart problems of Vice President Richard Cheney, talk show host David Letterman, Disney-ABC CEO Michael Eisner, and countless other less famous people. In the past, those with serious heart disease would have died young, but today can live long and active lives. Few families have not benefited from improvements in the way we treat and prevent heart problems, yet we often hear that poor lifestyles and the limitations of modern medicine threaten our health and well-being. Although room for improvement always remains, this book provides evidence to the contrary: we have made and continue to make tremendous progress in dealing with heart disease. In reviewing the progress being made in this crucially important area of health, Pampel and Pauley offer an optimistic view of the potential for continued improvement and for longer, healthier lives. Despite the prevalence of heart disease, deaths from this cause have declined greatly in past decades. From its peak in 1968, the heart disease mortality rate has fallen by 52% for men and 48% for women. That translates into over 13 million lives saved and extended. The lives saved are not limited to the very old. To the contrary, heart disease mortality has fallen faster among the young and middle aged.

The Widow-Maker Heart Attack at Age 48 Patrick J. Fox, 2009-05-07 "The Widow-Maker Heart attack at age 48" was written by a "miracle" survivor of a massive heart attack. He provides hope and a pathway to recovery for other heart attack patients and their loved ones facing the same daunting life changing, unexpected experience. His entire first year of life after suffering his heart attack; actually dying six times, is chronicled in this book combined with his ever changing physical and psychological feelings. In writing this book it was the author's goal to help other families and loved ones facing the same devastating unfamiliar territory as his family faced on March 31, 2008. His goal was to provide timeless support for the loved ones of the heart attack victim so that they might better be able to understand what the patient is going through and what they, as loved ones might do to help the heart attack victim better deal with their life changing experience. The genuine and heartfelt desire on the part of the author to provide insight to the heart attack patient in their post heart attack life is profound and dynamic as they too successfully recover. The book provides much needed insight into critical topics that become part of the day to day lives of heart attack victims. The author laments about the mental side of first symptoms of actually experiencing a heart attack, emergency room feelings, mental challenges associated with dying, physical and emotional thoughts of waking up in the ICU, first day emotional panic, first night death feelings, prescription drugs, family support, cardio rehab, physical and physiological ups and downs, "Mount Everest moments", and stress prevalent in the first year of recovery. This book should be provided to every heart attack patient families or victim in the hospital, cardiovascular specialists and educators of heart attack health.

The Vestigial Heart Carme Torras, 2018-04-13 A thirteen-year-old girl wakes up in a future where human emotions are extinct and people rely on personal-assistant robots to navigate daily life. Imagine a future in which many human emotions are extinct, and "emotional masseuses" try to help people recover those lost sensations. Individuals rely on personal-assistant robots to navigate daily life. Students are taught not to think but to employ search programs. Companies protect their intellectual property by erasing the memory of their employees. And then imagine what it would feel like to be a sweet, smart thirteen-year-old girl from the twenty-first century who wakes from a cryogenically induced sleep into this strange world. This is the compelling story told by Carme Torras in this prize-winning science fiction novel. We meet Celia, brought back to life when a cure is found for her formerly terminal disease, and Lu, Celia's adoptive mother, protective but mystified by her new daughter. There is Leo, a bioengineer, who is developing a "creativity prosthesis" to augment humans' atrophied capacities, and the eccentric robotics mogul Dr. Craft. And there is Silvana, an emotional masseuse who reads old books to research the power of emotion. Silvana sees Celia as a living, breathing example of the emotions and feelings that are now out of reach for most people. Torras, a prominent roboticist, weaves provocative ethical issues into her story. What kind of robots do we want when robot companions become as common as personal computers are now? Is it the responsibility of researchers to design robots that make the human mind evolve in a certain way? An appendix provides readers with a list of ethics

questions raised by the book.

Live Younger Longer Stephen Kopecky,2022-02-16 Most of us want to live a long, healthy life, but how do we do that? Drawing upon lessons from his own life, Mayo Clinic cardiologist Stephen Kopecky offers a holistic, evidence-based approach to preventing common diseases and chronic illnesses and living a longer life of pleasure and purpose. In the past century, the leading causes of death around the world have shifted from infectious diseases to long-term chronic illnesses. What’s killing us today isn’t so much flu or tuberculosis, but heart disease and cancer. In fact, more than 1.2 million Americans die from these two diseases each year. Paradoxically, these chronic diseases are a consequence of living longer than ever. But even if we’re living longer, are we living better? The overwhelming number of people now living under the burden of chronic illness indicates otherwise. After surviving two bouts of cancer, Dr. Stephen Kopecky, M.D set out to discover the behaviors people can adopt to live longer lives free of chronic illnesses and diseases. What he discovered was that the answer lies in just six habits that require small changes to your daily life, but reap big results long-term. From adopting better diet and exercise habits to managing stress and sleep, these behaviors will not only preserve your health, they can improve your quality of living and extend your life. The secret, however, lies not just in the steps themselves but in how you accomplish them. This book offers in-depth insights on: The best foods to eat and why Increasing physical activity and improving fitness Why your sleep habits matter The dangers of stress and what to do about them The true impact of alcohol and tobacco on our bodies How to make changes that will last a lifetime After 30 years of research in the field of cardiovascular disease prevention, Dr. Kopecky is sharing what he’s learned from his practice and own personal experience about staying healthy, preventing chronic illnesses, and living younger longer.

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