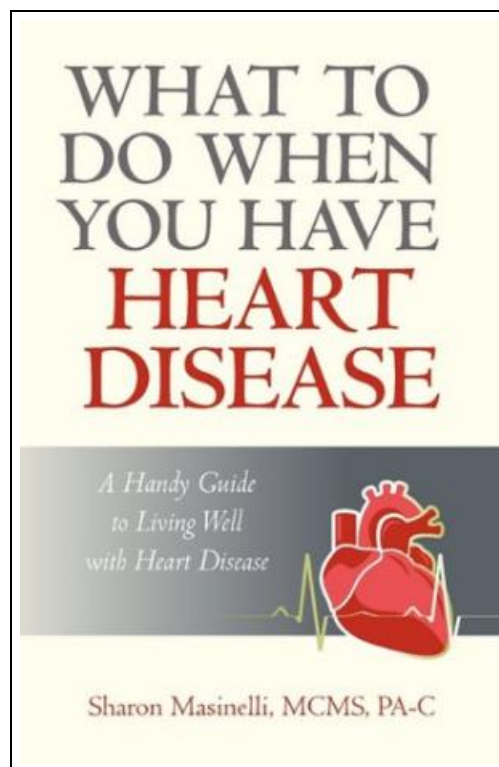


What to Do When You Have Heart Disease: A Handy Guide to Living Well with Heart Disease (Hardback)



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WHAT TO DO WHEN YOU HAVE HEART DISEASE: A HANDY GUIDE TO LIVING WELL WITH HEART DISEASE (HARDBACK)



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iUniverse, United States, 2009. Hardback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. What to Do When You Have Heart Disease is an easy to read guide for anyone who has been diagnosed with heart disease. All the essentials are included, from recovery to learning how to stay out of the hospital and maintain a healthy heart. From the moment a patient leaves the hospital after a heart attack or a heart procedure, questions and concerns arise. What to Do When You Have Heart Disease addresses after-care situations and gives simple instructions for handling some of the most common problems. It is designed to help people become better advocates for their own heart health and to work with their doctor for optimal care. A few critical topics are: Have you had heart disease for a while and want to avoid another trip to the hospital? Do you need to learn more about the medicines you are taking? Popular sections include helpful tips for getting cheaper medicines and simple suggestions for dealing with insurance companies. A list of common heart medicines with their generic equivalents--a vital tool for any patient--is listed in the back of the book. Everything is outlined to help make life a little less stressful!.



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