

The Woman's Heart

AN OWNER'S GUIDE



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The Womans Heart An Owners Guide

Kristi Funk



The Woman's Heart An Owner's Guide:

The Woman's Heart John A. Elefteriades, 2010-08-27 If you ask the average American what the leading cause of mortality in women is most would probably guess breast cancer In fact heart disease is the 1 killer of women and more women die each year from heart disease than men Moreover the symptoms of heart problems in women are very different from those in men making detection more difficult In this invaluable and engaging guide to the woman's heart two leading heart specialists focus on the unique factors affecting women's cardiovascular health Writing in language that is completely accessible to the general reader they provide crucial potentially life saving information and guidance to help women monitor their own heart health Among the topics discussed in clear easy to follow language are In what ways is a woman's heart different from a man's How do pregnancy and childbirth affect the heart and circulation What are the symptoms of heart disease in women What are the most prevalent diseases of the heart among women including mitral valve prolapse and how dangerous are they really What cardiac tests should women be taking When are medications enough and when is surgery necessary How is the heart affected by menopause and aging What are the future prospects for improving heart health and treatment for women For both healthy women and those already coping with heart disease this comprehensive owner's manual on the female heart provides essential information for living life to its fullest John A Elefteriades MD New Haven CT is the William W L Glenn Professor of Cardiothoracic Surgery chief of cardiothoracic surgery and professor of surgery at Yale University School of Medicine and Yale New Haven Hospital He is a past president of the International College of Angiology and serves on the editorial board of the American Journal of Cardiology the Journal of Cardiac Surgery and Cardiology The winner of the prestigious Socrates Award for the teaching of cardiac surgery he is the author with Lawrence S Cohen MD of Your Heart An Owner's Guide and House Officer Guide to ICU Care Teresa Caulin Glaser MD FACC Columbus OH is Director of Preventive Cardiology and Research at the McConnell Heart Health Center Riverside Methodist Hospital OhioHealth and a clinical associate professor of Internal Medicine at Ohio State University She is the coauthor of four medical textbooks and numerous journal articles

Woman's Heart John A. Elefteriades, 2010-08-27 In this invaluable and engaging guide to the woman's heart two leading heart specialists focus on the unique factors affecting women's cardiovascular health Writing in language that is completely accessible to the general reader they provide crucial potentially life saving information and guidance to help women monitor their own heart health Among the topics discussed in clear easy to follow language are In what ways is a woman's heart different from a man's How do pregnancy and childbirth affect the heart and circulation What are the symptoms of heart disease in women What are the most prevalent diseases of the heart among women including mitral valve prolapse and how dangerous are they really What cardiac tests should women be taking When are medications enough and when is surgery necessary How is the heart affected by menopause and aging What are the future prospects for improving heart health and treatment for women For both healthy women and those already coping with heart disease this

comprehensiveowner s manual on the female heart provides essential information for living life to its fullest **Breasts:**
The Owner's Manual Kristi Funk,2018-05-01 A national bestseller Breast cancer surgeon Dr Kristi Funk offers a comprehensive and encouraging approach to breast care and breast cancer Empower yourself with facts and strategies to understand your breasts reduce your cancer risk and open your eyes to interventions and treatments Most women don t want to hear about breast cancer unless they have it and need to make some decisions but these days news about breast cancer the number one killer of women ages twenty to fifty nine is everywhere Chances are you know someone who has had it But did you know that choices you make every day bring you closer to breast cancer or move you farther away That there are ways to reduce your risk factors And that many of the things you ve heard regarding the causes of breast cancer are flat out false Based on Dr Kristi Funk s experience as a board certified breast cancer surgeon she knows for a fact that women have the power to reduce breast cancer risk in dramatic ways Many women believe that family history and genetics determine who gets breast cancer but that s not true for most people In fact 87 percent of women diagnosed with breast cancer do not have a single first degree relative with breast cancer This book will help you Learn the breast health basics that every woman should know Reduce your cancer risk and recurrence risk based on food choices and healthy lifestyle changes backed by rigorous scientific research Understand the controllable and uncontrollable risk factors for breast cancer Outline your medical choices if you re at elevated risk for or are already navigating life with breast cancer There have been few solid guidelines on how to improve your breast health lower your risk of getting cancer and make informed medical choices after treatment until now With her book available in 10 languages and in more than 30 countries Dr Funk is passionate about her mission of educating as many women as possible about what they can do to stop breast cancer before it starts Praise for Breasts The Owner s Manual Dr Funk writes Breasts The Owner s Manual just like she talks with conviction passion and a laser focus on you Dr Mehmet Oz Host of The Dr Oz Show Breasts The Owner s Manual will become an indispensable and valued guide for women looking to optimize health and minimize breast illness Debu Tripathy MD Professor and Chair Department of Breast Medical Oncology University of Texas MD Anderson Cancer Center Breasts The Owner s Manual not only provides a clear path to breast health but a road that leads straight to your healthiest self As someone who has faced breast cancer I suggest you follow it Robin Roberts Co anchor Good Morning America *The Woman's Heart* John A. Elefteriades,Teresa Caulin-Glaser,2008 In this invaluable and engaging guide to the female heart two leading heart specialists focus on the unique factors affecting womens cardiovascular health and provide crucial potentially life saving information and guidance for women Personality Type: An Owner's Manual Lenore Thomson,1998-10-27 Drawing from Jungian psychology and popular culture this detailed guide to personality types will help you develop a deeper more meaningful sense of your truest self For Jung knowing your type was essential to understanding yourself a way to measure personal growth and change But his ideas have been applied largely in the areas of career and marital counseling so type has

come to seem predictive a way to determine your job skills and social abilities This book reclaims type as a way to talk about people's inner potential and the choices they make in order to honor it Using everyday examples from popular culture films Star Trek soap operas comic strips it describes the sixteen basic ways people come to terms with their gifts and values In this book you will find tools to understand How your personality takes shape How your type reflects not only your current priorities but your hidden potential How unlived possibilities are trying to get your attention How relationships at home and at work can help you to tap your unrealized gifts

American Heart Association's Complete Guide to Heart Health American Heart Association,1996-03 The American Heart Association's up to the minute manual will show readers how to evaluate personal risk factors recognize signs and symptoms of heart disease and stroke fuel up on heart healthy nutrition eliminate excess weight with a low fat low calorie diet that works and more

101 Questions about Blood and Circulation, 2nd Edition Faith Hickman Brynie,2013-01-01 As in previous books in this critically acclaimed series Brynie polled hundreds of high school students across the country to find out what they wanted to know most about blood and circulation Using an accessible question and answer format Brynie helps readers discover and learn facts about the blood and circulation in human body Brynie appealing and clear writing style makes learning about blood and circulation as easy as donating blood to the blood bank

Touching a Woman's Heart Dr. Cecilia Jackson,2017-10-24 Cardiovascular disease hypertension and coronary arterial disease cause deaths of women in the United States and in other countries These diseases are caused by stress women experience over time while attempting to manage everyday life In the book Touching a Woman's Heart the author uses the words issues of the heart to refer to heart conditions and remedies Simple yet powerful analogies are used throughout the text paralleling women's conditions today with victories experienced by our Biblical counterparts The reader of this book sees herself as an overcoming woman by deeply understanding the prototyped lives of married women singles widows housewives warriors prophets worshippers judges teachers mothers adulterers strategists intercessors and rape victims The revelation is amazing shifting women today to a place of jubilant prevailing authority with confidence to overcome their own issues of the heart

YOU: The Owner's Manual Mehmet C. Oz, M.D.,Michael F. Roizen, M.D.,2013-12-17 The 1 bestseller that gives YOU complete control over your body and your health In this updated and expanded edition America's favorite doctors Michael Roizen and Mehmet Oz discuss how YOU actually have control over your genes Discover how diseases start and how they affect your body as well as advice on how to prevent and beat conditions that threaten your quality of life YOU The Owner's Manual challenges preconceived notions about how the human body works and ages and takes you on a fascinating grand tour of all your blood pumping food digesting and numbers remembering systems and organs including the heart brain lungs immune system bones and sensory organs There are also 100 questions asked by you and answered by the experts For instance do you know which of the following statements are true As you increase the amount you exercise the rewards you gain from it increase as well If you're not a smoker you have

nothing to worry about when it comes to your lungs Your immune system always knows the difference between your own cells and enemy invaders The biggest threat to your arteries is cholesterol Memory loss is a natural inevitable part of aging Stress is the greatest ager and controlling it changes which of your genes is on Did you answer true for any of the above Then take a look inside Complete with exercise tips nutritional guidelines simple lifestyle changes and alternative approaches YOU The Owner s Manual debunks myths and gives you an easy comprehensive and life changing How To plan as well as great tasting and calorie saving recipes that can help you live a healthier younger and better life Be the best expert on your body *The Publishers Weekly* ,1893 *Women's Symptoms* Ivan Strausz,2009-10-07 Women s Symptom s is designed to help women understand their symptoms and decide if consultations or investigations are warranted As well as a listing of both medical and gynecological symptoms Women s Symptom s contains a brief section on diseases which affect women Anemia Endometriosis Ovarian Cysts Toxic Shock Syndrome Rather than give a general description of medicine and disease Dr Strausz gives detailed medical explanations in understandable language so that women may understand fully the medical problem behind their symptoms This guide teaches women to interpret their symptoms using the methods and diagnosis techniques used by the best health care professionals and perhaps most importantly provides them with the information necessary to ensure that they are receiving medical care of the highest quality Some of the symptoms listed in the guide include Abdominal pain Arm wrist and hand pains Depression Headaches Urinary symptoms From the Trade Paperback edition **A Woman's Guide to a Healthy Heart** Carol Simontacchi,Frances Fitzgerald,2004 Often thought of as a men s disease heart disease is the leading cause of death among women and one of the most often misdiagnosed This important book provides women with much needed advice on reducing treating and preventing heart ailments naturally In detail the authors explore the causes and effects of cardiovascular disease as well as the latest heart medication and surgeries They also offer specific food and exercise recommendations designed to promote heart health **YOU: The Owner's Manual (Enhanced Edition)** Mehmet C. Oz, M.D.,Michael F. Roizen,2014-01-07 The 1 bestseller that gives YOU complete control over your body and your health In this updated and expanded edition America s favorite doctors Michael Roizen and Mehmet Oz discuss how YOU actually have control over your genes Discover how diseases start and how they affect your body as well as advice on how to prevent and beat conditions that threaten your quality of life YOU The Owner s Manual challenges preconceived notions about how the human body works and ages and takes you on a fascinating grand tour of all your blood pumping food digesting and numbers remembering systems and organs including the heart brain lungs immune system bones and sensory organs There are also 100 questions asked by you and answered by the experts For instance do you know which of the following statements are true As you increase the amount you exercise the rewards you gain from it increase as well If you re not a smoker you have nothing to worry about when it comes to your lungs Your immune system always knows the difference between your own cells and enemy invaders The biggest threat to your arteries is cholesterol Memory loss is a

natural inevitable part of aging Stress is the greatest ager and controlling it changes which of your genes is on Did you answer true for any of the above Then take a look inside Complete with exercise tips nutritional guidelines simple lifestyle changes and alternative approaches YOU The Owner s Manual debunks myths and gives you an easy comprehensive and life changing How To plan as well as great tasting and calorie saving recipes that can help you live a healthier younger and better life Be the best expert on your body *An Owner's Manual for Men* Joe Nickaloff,2011-12-02 Being a man in todays society is no easy task Men are confused and worried about their role as lovers fathers protectors leaders bread winners and role models Men rarely realize just what is expected of them and even when they do how to respond to those expectations can often be elusive In An Owners Manual For Men Author Joe Nickaloff combines vast experience insight and humor to teach you the many things you need to know to be happy successful respected and fulfilled to become the best man you are capable of being You will learn all about how to get the most out of your life and the one male machine you were given to work with all in quick no nonsense lessons that you will find enlightening and easy to understand Improve Your Sex Life Get the Most out of Your Career Understand Love Women Marriage and Divorce Build Character Be A Great Leader Create Wealth Make Good Decisions Deal with Failure and Defeat Handle Bad News Beat Depression Be a Great Parent Enjoy Good Mental and Physical Health Cope with Stress Find Real Happiness Become An Expert Crisis Manager Understand Self Delusion Revenge Guilt and Regret and much more Ladies you will also find An Owners Manual For Men an invaluable guide to understanding what makes your man tick and how best to work with him to create a great life together Hell thank you for reading it and when you are done give it to him There has never been a resource like this for men to turn to until now In An Owners Manual For Men men of all ages will find the answers to many of lifes big and little mysteries **Richard Strauss - An Owner's Manual** David Hurwitz,2014-07-01 Unlocking the Masters The life and music of Richard Strauss 1864 1949 span what was arguably the most turbulent period in human history encompassing the Franco Prussian War the unification of Germany and two world wars He was one of the very last composers to have started his career in service to the old European aristocracy but near the end of his life the continent lay in shambles and he faced financial ruin even as he remained Germany s greatest living composer Virtually from the day they were written Strauss s tone poems from the late nineteenth century works such as Don Juan Till Eulenspiegel Also Sprach Zarathustra and Death and Transfiguration have been repertory standards So have the operas Salome Elektra and Der Rosenkavalier And yet a tremendous quantity of very good music both early and late has only recently come to the attention of musicians and music lovers alike This owner s manual accompanied by full length audio tracks surveys all the major works with orchestra symphonies concertos tone poems operas ballets suites and songs Many of them will be new even to listeners familiar with the popular pieces part of a vast legacy of immaculately crafted beautiful music that deserves to be rediscovered and treasured The Owner's Manual Diet Mehmet C. Oz, M.D.,Michael F. Roizen,2009-12-08 The 1 bestseller that gives YOU complete control over your body and your health

In this updated and expanded edition America's favorite doctors Michael Roizen and Mehmet Oz discuss how YOU actually have control over your genes Discover how diseases start and how they affect your body as well as advice on how to prevent and beat conditions that threaten your quality of life YOU The Owner's Manual challenges preconceived notions about how the human body works and ages and takes you on a fascinating grand tour of all your blood pumping food digesting and numbers remembering systems and organs including the heart brain lungs immune system bones and sensory organs There are also 100 questions asked by you and answered by the experts For instance do you know which of the following statements are true As you increase the amount you exercise the rewards you gain from it increase as well If you're not a smoker you have nothing to worry about when it comes to your lungs Your immune system always knows the difference between your own cells and enemy invaders The biggest threat to your arteries is cholesterol Memory loss is a natural inevitable part of aging Stress is the greatest ager and controlling it changes which of your genes is on Did you answer true for any of the above Then take a look inside Complete with exercise tips nutritional guidelines simple lifestyle changes and alternative approaches YOU The Owner's Manual debunks myths and gives you an easy comprehensive and life changing How To plan as well as great tasting and calorie saving recipes that can help you live a healthier younger and better life Be the best expert on your body

The Owner's Manual for the Brain Pierce J. Howard, 2000 Since the first edition of The Owner's Manual Dr Howard has appeared on Oprah conducted countless seminars and added new topics and 300 pages of new brain research to the book

The Owner's Manual for Health and Fitness Vol 1 George Dorsey, 2016-03 This step by step manual was developed to help people from all walks of life to achieve their health and fitness goals Millions of people all over the world continue to suffer from preventable diseases such as hypertension diabetes and cardiovascular disease Many suffering from these diseases experience increased healthcare cost lowered quality of life shorter life expectancy and many other ill effects of poor health This book is aimed at arming people with the information that they need to reduce their risk of suffering from these debilitating diseases Professional athlete Health and Fitness Activist American College of Sports Medicine Certified Trainer and National Academy of Sports Medicine Weight Loss Specialist George Dorsey created this manual to fill this information gap and to provide to everyone the techniques strategies and tools that health and fitness professionals use to create the most effective

YOU: The Owner's Manual Mehmet Oz, M.D., Michael F. Roizen, 2013-12-17

YOU The Owner's Manual by Mehmet Oz M.D. has descriptive copy which is not yet available from the Publisher

Blood Works: An Owner's Guide Shannon L. Farmer, Irwin Gross, Aryeh Shander, 2022-11-29 Much has been published on heart health kidney health and gut health But how many of us are aware of our blood health Is your blood as healthy as it should be How would you even know Blood Works is a fascinating new blood owner's guide to help you care for the health of your most precious fluid your blood About 2 billion people globally are anemic and almost as many suffer from iron deficiency without anemia Many don't even know they have it just feeling tired lethargic and foggy headed Sound familiar Over 600 million

more suffer from acute or sometimes unrecognized chronic blood loss from causes such as heavy menstrual bleeding obstetric hemorrhage gastrointestinal bleeding surgery and trauma Anemia iron deficiency and bleeding are signs of blood failure and have major negative health effects Blood Works with contributions from 48 leading international medical experts is a must have book for all who want to look after their blood health Your blood is the essential fluid that keeps you alive Yet while many of us know our cholesterol level and blood pressure few of us are aware of our blood count What we don't know can affect our everyday quality of life and put us at risk if we have bleeding an injury or require hospitalization Blood and the vessels that contain it make up the largest organ system in the body Its balance and health must be maintained For many decades the treatment of first resort for anemia and blood loss has been blood transfusion which is essentially a liquid organ transplant from another person In heart failure or kidney failure organ transplantation is not first line treatment In blood failure blood transplantation should not be the first thing we reach for Since the 1990s scientific research has shown that the common use of blood transfusion is not the most effective treatment in many medical situations It has been identified as one of the most overused treatments in modern medicine costing billions of dollars while causing changes in the recipient's immune system that may increase the risk of complications and death In October 2021 the World Health Organization called for the urgent global implementation of Patient Blood Management PBM stating our own blood is still the best thing to have in our veins Blood Works is one of the most exciting books on blood health you will read The book zooms in on why medical experts from around the world now recognize the need for fundamental change in the way a patient's blood is managed Known as PBM Patient Blood Management places the person receiving treatment at the center of decisions involving their lifeblood Its aim is to improve general health and treatment outcomes by managing and preserving a patient's own blood while empowering them to share in making decisions Meticulously researched and referenced masterfully illustrated and featuring personal stories from patients and their families Blood Works is a compelling read It will have a profound impact on your health and the health of your loved ones and is an invaluable resource for health care professionals

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