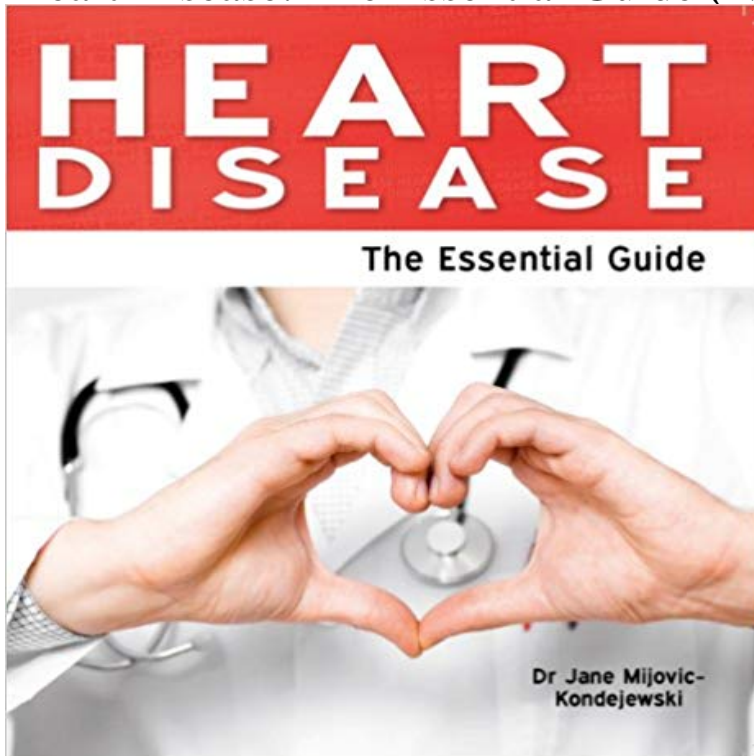


Heart Disease: The Essential Guide (Need2Know Books Book 148)



Heart disease is the number one killer in the UK, but many people do not even know they have a heart problem. A damaged heart can damage your life by interfering with enjoyable activities and even your ability to do simple things. But it doesn't have to. Everyone has the ability to take some control of their own heart health. You can protect your heart through nutrition, lifestyle and exercise choices, and you can decrease the severity of your condition if you are diagnosed with heart disease by working with your health-care providers. This book is a guide for you if you wish to assess your risk for heart disease and minimise it; it provides information and advice for you if you already know you are at risk for heart disease; it is here to help you if you have been diagnosed with heart disease; and it will provide support for your family.

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