



Seven Steps to Stop a Heart Attack

Dr. Bob Arnot

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A definitive guide to the latest tactics for avoiding heart disease and a heart attack -- from a trusted physician and bestselling author

Dr. Bob Arnot offers cutting-edge advice on a subject at the forefront of the nation's health consciousness: heart health.

When Dr. Arnot's father -- himself a distinguished doctor -- died of a massive heart attack a year ago, it came as a horrible shock. A heart attack can happen to anyone, but upon further investigation, Dr. Arnot came to the realization that his father's death might have been preventable. The tragedy inspired Dr. Arnot to write this book, exploring all the very latest advances in medical science, many of which have occurred in the last year, and developing steps that can help people avoid his father's fate. Dr. Bob discusses how to:

- Know the warning signs.
- Determine your risk.
- Get the right diagnosis.
- Get the right medications.
- Get the right procedures.

Based on extensive discussions with renowned experts in the field of cardiology (who are quoted extensively), *Seven Steps to Stop a Heart Attack* covers all the risks, symptoms, procedures, and medications in prose that is clear, concise, and easy to follow. For a country in which half a million people die each year from heart attacks, this is a work of profound importance for the general public and physicians alike.



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Nowadays reading books become more and more than want or need but also become a life style. This reading addiction give you lot of advantages. The advantages you got of course the knowledge the actual information inside the book in which improve your knowledge and information. The knowledge you get based on what kind of book you read, if you want attract knowledge just go with education and learning books but if you want truly feel happy read one having theme for entertaining like comic or novel. The Seven Steps to Stop a Heart Attack is kind of book which is giving the reader unforeseen experience.

Mary Linkous:

A lot of people always spent their own free time to vacation or even go to the outside with them family or their friend. Did you know? Many a lot of people spent they free time just watching TV, or even playing video games all day long. If you would like try to find a new activity that's look different you can read a new book. It is really fun for yourself. If you enjoy the book that you simply read you can spent 24 hours a day to reading a e-book. The book Seven Steps to Stop a Heart Attack it is extremely good to read. There are a lot of those who recommended this book. They were enjoying reading this book. In the event you did not have enough space bringing this book you can buy often the e-book. You can m0ore quickly to read this book from the smart phone. The price is not to cover but this book provides high quality.

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