



The Handbook of Heart Drugs: A Consumer's Guide To Safe And Effective Use

Martin, M.D. Goldman

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Cardiovascular drugs have dramatically changed the way we treat heart disease in the last decade--allowing us to effectively combat hypertension, lower cholesterol, reduce the risk of heart attacks, and, in some cases, even *reverse* heart disease. Yet, if you are on of the more than 30,000,000 Americans who take heart drugs, chances are you are not getting all the information you need to take these medications safely and effectively.

Dr. Martin Goldman has written the first book that deals with *all* the issues surrounding the use of these life-preserving drugs--how they work on the body's systems and how life-style, diet, and exercise enhance or impede their effectiveness. In clear and accessible prose, using examples from his own practice, Dr. Goldman also presents guidelines for choosing and communicating with your cardiologist, examines the value of new screening tests and procedures, and even shows patients how to keep a cardiovascular diary to monitor their own heart care.

The second half of the book provides comprehensive profiles of more than ninety commonly used heart drugs--among them beta blockers, anticoagulants, and antihypertensives--examining their possible side effects; their interactions with food, alcohol, and other drugs' and life-style alterations to consider while using them. This is an indispensable guidebook for anyone concerned about complete cardiac care.

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Wayne Santiago:

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Sandra Spier:

A lot of people always spent their particular free time to vacation or go to the outside with them family members or their friend. Were you aware? Many a lot of people spent that they free time just watching TV, or even playing video games all day long. In order to try to find a new activity that's look different you can read some sort of book. It is really fun for you personally. If you enjoy the book which you read you can spent all day every day to reading a e-book. The book The Handbook of Heart Drugs: A Consumer's Guide To Safe And Effective Use it is rather good to read. There are a lot of folks that recommended this book. These were enjoying reading this book. Should you did not have enough space to create this book you can buy often the e-book. You can m0ore easily to read this book from a smart phone. The price is not too costly but this book provides high quality.

Jennifer Jones:

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Joseph Lewis:

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