



Outliving Heart Disease: The 10 New Rules for Prevention and Treatment

Richard A. Stein M.D.

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In the last decade, the rules for "outliving" heart disease—living well with your heart until you die of some other cause—have changed dramatically.

Dr. Richard Stein, the director of Preventive Cardiology at Beth Israel Hospital in New York City, cuts through the constant stream of new reports and often-contradictory information about preventing and treating heart disease with his 10 new rules:

- Rule No. 1: Be Alert to Symptoms that Signal Imminent Heart Attack
- Rule No. 2: Know Your Risk for Having a Heart Attack in the Next 10 Years
- Rule No. 3: Take a Statin
- Rule No. 4: Exercise! It's a Proactive Way to Reduce Heart Disease and Heart Attack Risk
- Rule No. 5: Eat Well: Diet Guidelines for Heart Health
- Rule No. 6: Understand the Mind-Body Connection
- Rule No. 7: Explore Alternative Treatments
- Rule No. 8: Keep Up with the Latest Tests and Treatments
- Rule No. 9: Understand the Connections to Your Gender and Your Heritage
- Rule No. 10: Partner with Your Doctor to Reach Your Heart-Health Goals

In plain English, *Outliving Heart Disease* explains: Vascular changes that take place as you age—and how they affect your heart • The specific risk factors affecting women, African-Americans, and other groups • The latest research on statins—those miracle drugs that have revolutionized the prevention and treatment of heart disease • How to create a heart-healthy diet and cardiovascular exercise program • How depression, anxiety, and stress impact the heart, and what you can do about it.

Updated with the most current therapies and diagnostic techniques, this is the guide for every man and woman to prevent and treat heart disease.



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