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Philip J. Steer, Michael A. Gatzoulis

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Taking on Heart Disease Larry King, 2004-05-19 Celebrities speak out on their personal battles with the ravages of heart disease accompanied by information from some of the nation s leading cardiologists on the medical implications of each Take Control of Your Heart Disease Risk John Whyte, MD, MPH,2023-02-14 Know Your Risks Start Your Prevention Plan Heart disease is the leading cause of death among Americans You have the power to reduce your risk and WebMD s Dr John Whyte MD will show you just how easy it is to do that You have heart disease are words no one ever wants to hear But what if there was a way for fewer people including yourself to hear those words In Take Control of Your Heart Disease Risk Dr Whyte shares straightforward information to help you on your health journey including a risk calculator to assess your personal risk level a four week meal plan with tasty recipes an exercise guide to help you move your body without needing to purchase expensive equipment discussion of various digital tools and apps and whether they re worth the money Despite advances in diagnosis and treatment heart disease remains a major cause of illness and death However by proactively living a heart friendly lifestyle you can mitigate your risk for years to come Heart Disease For Dummies James M. Rippe, 2011-04-27 The startling truth is one American dies of heart disease every 33 seconds almost one million deaths each year and almost one in four Americans has one or more types of heart disease However it s also true that it is possible to prevent treat and even reverse heart disease and this plain English guide shows you how Heart Disease For Dummies is for anyone who has been diagnosed with a form of cardiovascular disease knows someone who has or who wants to learn more about staying heart healthy and preventing the disease Leading cardiologist Dr James Rippe delivers the scoop on the many different forms of heart disease including angina heart attacks arrhythmias strokes heart failure and other cardiac conditions as well as the latest research diagnostic techniques treatment procedures and medications You ll discover how to Recognize the risk factors and warning signs of a heart attack Determine if you have heart disease Distinguish between angina heart attack and stroke Maximize your cardiac function Find a good doctor and handle a managed care plan Reverse heart disease through diet lifestyle changes and medications Like the millions of others living with heart disease you want to take an active part in managing your health and feeling better fast This easy to follow guide explains how heart disease affects the body and shows you the steps you can take along with your doctor to improve your quality of life With the expert advice simple diagrams and valuable tips in this book you ll Keep your blood pressure cholesterol and weight under control Understand the common drug and medical treatments available for treating heart disease Draw on the mind body connection to reduce stress Interpret the risk factors you can control physical inactivity hypertension tobacco use and the ones you can t heredity age gender Form a true partnership with your doctor Explore cardiac rehabilitation programs Decide if alternative therapies are right for you Featuring heart healthy recipes and a list of resources to help smokers guit the habit Heart Disease For Dummies is an indispensable resource for living well with this manageable condition Before You Take that Pill J.

Douglas Bremner, 2008-02-28 A medical expert reveals risks of the most commonly prescribed drugs and why the drug industry doesn t want consumers to know about them Recent scandals involving diabetes drugs Vioxx and many other medications reveal the serious and undisclosed risks of some of the most commonly used prescription drugs in this country In Before You Take That Pill Dr J Douglas Bremner a researcher and clinician at Emory University whose study on Accutane and depression made headlines offers an inside look at the pharmaceutical industry as well as a scientifically backed assessment of the risks of more than three hundred prescribed medications vitamins and supplements While many drugs are essential to the health of consumers as Dr Bremner explains for many people the benefits may not outweigh the potential side effects This book contains warnings that are not on the drug labels It also exposes tricks of the trade that demonstrate how the profit making interests of big pharma may not always be in line with the safety of the public from the corruption that exists in the drug approval process to the tactics drug companies use to encourage doctors to prescribe their products Most important Before You Take That Pill empowers readers by giving them sound information on specific medications so they can understand and weigh the potential risk themselves Backed by the latest studies as well as insight from a doctor who is in the trenches this book should be on the shelf of every drug consumer **Preventing & Reversing Heart Disease For Dummies** James M. Rippe, 2015-01-27 The safe and trusted way to prevent and reverse heart disease Written in plain English and packed with tons of authoritative advice Preventing Reversing Heart Disease For Dummies includes the most up to date information on coronary heart disease and its treatment This resource covers new ways to diagnose and treat both short and long term complications of heart disease the latest medications updated diet and exercise plans the lowdown on recognizing the risk factors and warning signs of a heart attack determining if you have heart disease distinguishing between angina heart attack and stroke and much more It is projected that by the year 2020 heart disease will be the leading cause of death throughout the world As the magnitude of cardiovascular diseases continue to accelerate globally the pressing need for increased awareness and a stronger more focused national and international response has become more important than ever Preventing Reversing Heart Disease For Dummies tackles this vital subject with compassion and authority outlining the steps you can take to help ensure you don't become just another statistic Helps you find the right doctor and handle a managed care plan Covers all thirteen types of heart disease and discusses the key differences that may determine their progression and treatment Illustrates how simple changes in diet may be enough to prevent heart disease Shows how you can reverse some of the effects of heart disease through exercise If you re suffering from or are at risk of heart disease or love someone who is Preventing Reversing Heart Disease For Dummies empowers you to take control of heart health and get on a path to a longer healthier life Heart Disease and Pregnancy Philip J. Steer, Michael A. Gatzoulis, 2016-03-17 This comprehensive and authoritative text on heart disease in pregnancy one of the leading causes of maternal death will be of value to a wide audience of obstetricians cardiologists anaesthetists midwives and cardiac nurses It provides consensus quidelines of great

practical value in a compact and convenient format Written by a multidisciplinary team it covers both maternity and cardiac care Contents range from pre conception counselling and contraception through practical templates for antenatal and intrapartum care to long term outcome for both mother and baby It covers all causes of heart disease both congenital and acquired Thoroughly updated this new edition has reorganised the consensus statements about priorities in management In addition each chapter now starts with a summary of Practical Practice Points to aid quick revision when seeing a patient with a specific problem A new section on heart and lung transplantation has been added since the first edition Woman's Guide to Heart Health Elizabeth Jackson, 2013-05-14 Heart disease has long been thought of as a men s issue when it is actually the leading cause of death in both men and women In fact since 1984 more American women than men have died of heart disease Are you surprised Often at the helm of their family s overall health diet and nutrition a woman and her lifestyle decisions can affect not only her own wellbeing they can determine the habits of her partner and children as well By becoming better educated a woman can have a profound permanent impact on the health of the people around her An Ageless Woman's Guide to Heart Health is every woman's guidebook to enjoying a heart healthy life Renowned cardiologist Dr Lisa Jackson shares tips and resources to help you make positive steps toward improving your health Whether you re vounger or older fit or ailing it s never too late to make changes in your life that can lead you and those you love to a Say No To Heart Disease Patrick Holford, 2012-09-06 We have a 50 per cent chance of dying from heart or healthier heart. artery disease However these devastating diseases can be prevented by using a simple yet powerful medicine food In Say No to Heart Disease you will learn how eating the right foods and correctly supplementing your diet can eliminate your chances of a heart attack lower your blood pressure without drugs reverse artery disease maximise recovery after a stroke or heart attack and add twenty years to your healthy lifespan Informative and practical it describes the cardiovascular system and what goes wrong with it the key theories on the major contributors to heart disease how to work out your own risk and which areas of your diet and lifestyle to focus on in order to minimise your risk It also gives advice on maximising recovery from a heart attack or stroke Novel Biomarkers for Heart Disease Michael Lichtenauer, 2020-12-28 Cardiac biomarkers such as troponins and natiuretic peptides have made a great impact on clinical decision making as well as improving our understanding of molecular mechanisms of different disease conditions However the biomarkers that are currently in use do not reflect all the multiple disease pathways that are involved in a broad spectrum of cardiac disease conditions ranging from acute coronary syndrome to heart failure and heart failure with preserved ejection fraction HFpEF to pulmonary hypertension or arrhythmias In this Special Issue we will provide an overview of the current developments in the field of biomarker research beginning with research on molecular pathways and cellular communication e g microRNA up to the clinical use of biomarkers Heart Disease & Pregnancy - Comprehensive Insights into Maternal Cardiovascular Health Dr. Spineanu Eugenia, 2025-03-12 Explore Heart Disease Pregnancy Comprehensive Insights into Maternal Cardiovascular

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web 2014 2013 2012 2011 pre 2011 2023 the office of personnel management provides policy leadership and expertise on a variety of governmentwide pay programs for federal employees including the general schedule gs law enforcement officer leo pay schedules and the federal wage system fws

salary table 2023 gl leo special base rates for law - Aug 05 2022

web salary table 2023 atl leo including special base rates at gs 3 through gs 10 and incorporating the 4 1 general schedule increase and a locality payment of 23 02 for the locality pay area of atlanta athens clarke county sandy springs ga al total increase 4 43 effective january 2023

general schedule u s office of personnel management - Feb 28 2022

web 2013 general schedule gs locality pay tables minneapolis st paul st cloud mn wi rest of united states consisting of those portions of the united states and its territories and possessions as listed in 5 cfr 591 205 not

general schedule gs base pay scale for 2023 federalpay org - Apr 01 2022

web this is the current year general schedule gs pay scale effective for 2023 this table shows the base pay amounts for all general schedule employees based on the 2023 gs pay scale as published by the office of personnel management