

***"This book will help you regain control of your life.  
Highly recommended!"***

***Professor David, MD***

***Director of Cardiology, Bethesda Hospital***

# TAKING CONTROL

**LIVING WITH THE  
MITRAL VALVE PROLAPSE SYNDROME**

**KRISTINE A. BLUDAU SCORDO, RN, Ph.D.**

**WITH CONTRIBUTIONS BY**

**LINDA HART HOFFBS, MA, AND LINDA HUSSEY, RN, MSN, LPCC**

***These symptoms, and more, are associated with  
Mitral Valve Prolapse, a heart condition that affects  
4-18% of the American Population***

# Taking Control Living With The Mitral Valve Prolapse Syndrome

**Rosina Ehmann**



## **Taking Control Living With The Mitral Valve Prolapse Syndrome:**

Taking Control Kristine A. Bludau Scordo, 2007      **Healing with Vitamins** Editors of Rodale Health Books, 2009-03-17

Vitamins and minerals are the very essence of human existence Getting enough of these essential nutrients could be one's best insurance against illness What's more a large and growing body of nutrition research suggests that in therapeutic dosages certain vitamins and minerals may slow and perhaps reverse the disease process The trick is getting the right nutrients in the right amounts too little won't have any effect and too much could do more harm than good Healing with Vitamins offers complete nutrient prescriptions for 90 common health concerns including allergies depression high blood pressure high cholesterol insomnia and migraines It also includes important information on controversial supplements such as beta carotene and vitamin E helpful guidelines for choosing the most effective supplements the lowdown on medications that can deplete key vitamins and minerals condition specific food remedies that can support the healing process in depth instructions for using supplements safely Every recommendation draws on the very latest findings from the front lines of nutrition science plus the knowledge and insight of preeminent physicians dietitians and nutrition experts Healing with Vitamins cuts through the overwhelming choices of supplements and tells readers what to take in what amount and how for optimal therapeutic benefit      **Living with Heart Disease** Larry Katzenstein, 2007 Chronic heart disease heart attacks and strokes causes more than 40 percent of all deaths in the United States That's 950 000 people each year or one person every 33 seconds Statistically more vulnerable with age hundreds of men and women begin the struggle to manage or prevent its occurrence every day So naturally it's on the mind of older Americans and the family members who cherish them What exactly is heart disease and what forms does it take Who gets it and how is it diagnosed What steps can you take to prevent the problem from worsening Which are the best therapies How can you best reduce stress lower weight control blood pressure AARP has the answers The superbly organized and authoritative text includes chapters covering key issues which range from definition to diagnosis and from treatment to lifestyle changes that address issues specifically identified with heart disease These include nutrition high cholesterol prevention smoking and sex and intimacy The book casts an eye on the future too with information on medicines and treatments currently under development or on the horizon The appendix offers useful point by point checklists for managing your treatment information on handling medical emergencies and resources This guide provides expert medical information and valuable advice that no older adult will want to do without

Prevention's Healing with Vitamins Alice Feinstein, 1996 The current explosion in research about vitamins and minerals makes all previous books on the subject obsolete This single volume presents in practical use it now forms the best of what doctors currently know about using vitamins and minerals to cure diseases Highlights include vitamins to take to prevent heart disease those recommended by cancer specialists and the various uses for the B vitamins      *Women's Health Needs In Patient Education* Barbara K. Redman, PhD, RN, FAAN, 2004-01-01 The goal of this book is to fill the many gaps that health

care providers face when helping women learn self care and prevention skills Special attention is paid to minority status low literacy and elderly women who may have fewer opportunities to find health information independently While this is ample information on reproductive health available women experience a lack of timely information on nonreproductive health issues such major killers as lung cancer and cardiovascular disease adequate information for family caregivers who are mostly women and other disorders ranging from AIDS to osteoporosis and urinary incontinence Nurses health educators physicians and those interested in women s health will find this an eye opening and important resource **Balance Exercises** Bottom

Line Personal,1993 *Brackenridge's Medical Selection of Life Risks* R.D.C. Brackenridge,R. Croxson,Ross

Mackenzie,2016-02-26 The fifth edition of this leading reference book on insurance medicine provides a comprehensive guide to life expectancy for underwriters and clinicians involved in the life insurance industry Extensively revised and expanded the new edition reflects developments in life and healthcare insurance as well as medicine Medical Selection of Life Risks 5th Edition Swiss Re branded R.D.C. Brackenridge,Richard S. Croxson,Ross Mackenzie,2016-08-20 The fifth edition of this

leading reference book on insurance medicine provides a comprehensive guide to life expectancy for underwriters and clinicians involved in the life insurance industry Extensively revised and expanded the new edition reflects developments in life and healthcare insurance as well as medicine **Smart Medicine for Healthier Living** Janet Zand,James B.

LaValle,1999-05-01 Written by a medical doctor a naturopath and a registered pharmacist Smart Medicine for Healthier Living is a complete A to Z guide to the most common disorders and their treatments using both alternative care and conventional medicine Comprehensive and easy to follow Smart Medicine for Healthier Living is divided into three parts Part one explains the full spectrum of approaches used to effectively treat common health problems It provides an overview of the history fundamentals and uses of conventional medicine herbal medicine homeopathy acupressure aromatherapy diet and nutritional supplements It also includes a helpful section on home and personal safety Part two contains a comprehensive A to Z listing of various health problems Each entry clearly explains the problem and offers specific advice using a variety of approaches Part three provides step by step guidance on using the many therapies and procedures suggested for each health problem Smart Medicine for Healthier Living is a reliable source that you and your family can turn to time and time again whenever the need arises The Practice of Clinical Echocardiography Catherine M. Otto,2012 In Practice of Clinical

Echocardiography world renowned authority Dr Catherine M Otto offers expert guidance on interpreting echocardiographic images and Doppler flow data and applying your findings to your daily clinical decision making This medical reference book keeps you current on the latest advances and techniques so you can implement the best possible approaches with your patients Master the challenging practice of echocardiography through clear explanations of advanced concepts Reinforce your learning with a visually rich reference that includes abundant figures and tables to supplement the text Utilize the most promising approaches for your patients with coverage of all echocardiography modalities including contrast and 3 D

echocardiography Zero in on the critically important information and get a quick summary for review thanks to key points at the end of each chapter and a disease oriented assessment of echocardiographic data Access the complete contents online from your laptop or mobile device anytime anywhere plus clinical cases multiple choice questions videos and eFigures at [www.expertconsult.com](http://www.expertconsult.com) Stay current on the latest advances with a new chapter on echo guided interventions for structural heart disease extensive coverage of technical aspects of image and data acquisition and many other essential updates

*Practice of Clinical Echocardiography E-Book* Catherine M. Otto,2012-03-15 In *Practice of Clinical Echocardiography* world renowned authority Dr Catherine M Otto offers expert guidance on interpreting echocardiographic images and Doppler flow data and applying your findings to your daily clinical decision making This medical reference book keeps you current on the latest advances and techniques so you can implement the best possible approaches with your patients Master the challenging practice of echocardiography through clear explanations of advanced concepts Reinforce your learning with a visually rich reference that includes abundant figures and tables to supplement the text Utilize the most promising approaches for your patients with coverage of all echocardiography modalities including contrast and 3 D echocardiography Zero in on the critically important information and get a quick summary for review thanks to key points at the end of each chapter and a disease oriented assessment of echocardiographic data Access the complete contents online from your laptop or mobile device anytime anywhere plus clinical cases multiple choice questions videos and eFigures at [www.expertconsult.com](http://www.expertconsult.com) Stay current on the latest advances with a new chapter on echo guided interventions for structural heart disease extensive coverage of technical aspects of image and data acquisition and many other essential updates Preventive

Management of Children with Congenital Anomalies and Syndromes Golder Wilson,W. Carl Cooley,2000-06-15 CD contains copies of the checklists in the text along with additional supplementary material *Permuted Medical Subject Headings* National Library of Medicine (U.S.),1991 Medical Selection of Life Risks W. John Elder,R.D.C. Brackenridge,1998-09-30

*Medical Selection of Life Risks* has long been recognised as the reference book on insurance medicine The fourth edition provides a comprehensive guide to life expectancy for underwriters and clinicians involved in the life insurance industry Extensively revised and expanded the 4th edition of *Medical Selection of Life Risks* reflects developments in life and healthcare insurance as well as medicine There are completely new chapters on the underwriting of genetic diseases disability underwriting impaired lives annuities musculoskeletal and soft tissue disorders Several major chapters have been completely re written including respiratory ischemic and congenital heart diseases and oncology Part I deals with the principles of life and disability insurance and the logistics of life underwriting Part II is devoted to a systematic clinical appraisal of underwriting problems mainly relating to life insurance but also where appropriate to disability critical illness and long term care insurance *Decision Making in Anesthesiology* Lois L. Bready,Dawn Dillman,Susan Helene Noorily,2007-01-01 Examines vital topics in pre anesthesia assessment pre operative problems resuscitation specialty

anesthesia post operative management and more Its unique algorithmic approach helps you find the information you need quickly and gives you insights into the problem solving techniques of experienced anesthesiologists **Forthcoming Books**

Rose Army,1998-04 **ACSM's Exercise Management for Persons With Chronic Diseases and Disabilities, 4E**

American College of Sports Medicine,Moore, Geoffrey,Durstine, J. Larry,Painter, Patricia,2016-03-30 Developed by ACSM this text presents a framework for optimizing patients and clients functionality by keeping them physically active It provides evidence informed guidance on devising individualized exercise programs for persons with chronic and comorbid conditions

Diagnosis and Management of Adult Congenital Heart Disease E-Book Michael A. Gatzoulis,Gary D. Webb,Piers E. F. Daubeney,2017-02-02 Designed to meet the needs of clinicians working with adults with congenital heart disease Diagnosis and Management of Adult Congenital Heart Disease by Drs Michael A Gatzoulis Gary D Webb and Piers E F Daubeney offers essential guidance on the anatomical issues clinical presentation diagnosis and treatment options available to practitioners today This latest edition features completely updated content including new information for nurses and nurse practitioners who now more than ever are playing an important role in the care of adults with CHD You ll also access four new chapters illustrated congenital defects coverage of long term outcomes and much more Drs Gatzoulis Webb and Daubeney lead a team of experts ideally positioned to provide state of the art global coverage of this increasingly important topic Each disease oriented chapter is written to a highly structured template and provides key information on incidence genetics morphology presentation investigation and imaging and treatment and intervention Congenital defects are illustrated with full color line drawings and by the appropriate imaging modality for example EKG x ray echocardiogram MRI CT Provides coverage of long term outcomes including the management of pregnant patients and patients undergoing non cardiac surgery Features the addition of four new chapters A Historic Perspective Quality of Life in Patients with Pulmonary Hypertension Psychosocial Issues in ACHD Supportive and Palliative Care for End Stage ACHD *Braunwald's Heart Disease - E-Book* Peter Libby,2021-10-15 Current comprehensive and evidence based Braunwald s Heart Disease remains the most trusted reference in the field and the leading source of reliable cardiology information for practitioners and trainees worldwide The fully updated 12th Edition continues the tradition of excellence with dependable state of the art coverage of new drugs new guidelines more powerful imaging modalities and recent developments in precision medicine that continue to change and advance the practice of cardiovascular medicine Written and edited by global experts in the field this award winning text is an unparalleled multimedia reference for every aspect of this complex and fast changing area Offers balanced dependable content on rapidly changing clinical science clinical and translational research and evidence based medicine Includes 76 new contributing authors and 14 new chapters that cover Artificial intelligence in Cardiovascular Medicine Wearables Influenza Pandemics COVID 19 and Cardiovascular Disease Tobacco and Nicotine Products in Cardiovascular Disease Cardiac Amyloidosis Impact of the Environment on Cardiovascular Health and more Features a new introductory chapter

Cardiovascular Disease Past Present and Future by Eugene Braunwald MD offering his unique visionary approach to the field of cardiology Dr Braunwald also curates the extensive bimonthly online updates that include Hot Off the Press with links to Practice Update and Late Breaking Clinical Trials Provides cutting edge coverage of key topics such as proteomics and metabolomics TAVR diabetocardiology and cardio oncology Contains 1 850 high quality illustrations radiographic images algorithms and charts and provides access to 215 videos called out with icons in the print version Highlights the latest AHA ACC and ESC guidelines to clearly summarize diagnostic criteria and clinical implications Provides tightly edited focused content for quick dependable reference Flexible format options include either one or two volumes in print as well as a searchable eBook with ongoing updates Enhanced eBook version included with purchase Your enhanced eBook allows you to access all of the text figures and references from the book on a variety of devices      *Advanced Practice Palliative Nursing* Constance Dahlin, Patrick J. Coyne, Betty R. Ferrell, 2016-02-25 *Advanced Practice Palliative Nursing* is the first text devoted to advanced practice nursing care of the seriously ill and dying This comprehensive work addresses all aspects of palliative care including physical psychological social and spiritual needs Chapters include symptoms common in serious illness pediatric palliative care spiritual and existential issues issues around the role and function of the advanced practice nurse APN reimbursement and nursing leadership on palliative care teams Each chapter contains case examples and a strong evidence base to support the highest quality of care The text is written by leaders in the field and includes authors who have pioneered the role of the advanced practice nurse in palliative care This volume offers advanced practice content and practical resources for clinical practice across all settings of care and encompassing all ages from pediatrics to geriatrics

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