



# THE HEART ATTACK HANDBOOK

Understanding,  
Surviving, and Thriving  
After Myocardial  
Infarction: A  
Comprehensive Guide  
to Causes, Treatment,  
and Lifestyle for Heart  
Health



**Ankitha Mitchell**

# The Heart Attack Handbook

**Harvey Wolinsky, Gary Ferguson**



## **The Heart Attack Handbook:**

*The Cardiac Recovery Handbook* Paul Kligfield, Michelle D. Seaton, Frederic Flach, 2004 The first book to cover all aspects of cardiac recovery from the first diagnosis to surgery and recovery and beyond One of the nation's most respected cardiologists answers all the questions in clear everyday language

*The Heart Attack Handbook* Joseph S. Alpert, 1993 Discusses the physical processes that lead to and characterize a heart attack each aspect of common in hospital treatment and steps to recovery and stay well

*The Heart Attack Handbook* Joseph S. Alpert, 1985

*The Heart Attack Handbook* Joseph S. Alpert, 1978

**The Heart Attack Recovery Handbook** Harvey Wolinsky, Gary Ferguson, 1988

*The Heart Attack Handbook* Joseph S. Alpert, 1978

**The Heart Attack Survival Guide** Mark Greener, 2012-04-19

Coronary heart disease the commonest cause of heart attacks remains the leading cause of death in the UK despite rates falling in the last few decades despite numerous therapeutic advances and despite increased awareness Rates are especially high in economically deprived communities some ethnic groups and at certain ages but everyone's at risk This book aims to help people at high risk prevent their first or subsequent heart attack as well as helping those who experience a heart attack get back to a normal life as soon as possible As this book shows combining drugs and lifestyle changes can help you survive and prevent heart attacks Topics include The anatomy and physiology of the cardiovascular system Modifiable and non-modifiable risk factors such as smoking diet age family history and sex Causes and types of heart attack Why heart attacks are more common at certain times of day Prognosis what makes survival more likely Symptoms in men women and the elderly Diagnosis and treatment After a heart attack physical psychological and lifestyle factors Preventing heart attacks Caring for a loved one after a heart attack

*Beyond the Heart Attack* Leo Heusaff, 2025-05-28

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*The Heart Attack Recovery Handbook* Harvey Wolinsky, Gary Ferguson, 1988 Offers advice on diet medical tests and procedures relaxation techniques and exercise and tells how to return to a normal healthy lifestyle

### **The Handbook of Heart Drugs** Martin

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