# Taking

Living with the Mitral Valve Prolapse Syndrome

SECOND EDITION

Kristine A. Bludau Scordo PhD, RN

Learn to control:

Anxiety Attacks
Chest Pains
Dizziness
Lightheadedness
Fatigue
Headaches
Palpitations
Mood Swinas

## Taking Control Living With The Mitral Valve Prolapse Syndrome

W. John Elder, R.D.C. Brackenridge

#### **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 **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 pratical use it now form 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 **Living with Heart Disease** Larry Katzenstein, 2007 Chronic heart disease heart attacks and strokes for the B vitamins 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 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 **Pediatric Dentistry for Special Child** Priya Verma Gupta, Amitha M Hegde, 2016-03-30 Pediatric Dentistry for Special Child is a comprehensive and highly illustrated guide to dentistry for children with special needs. The book is divided into thirty five chapters across eight sections covering learning disabilities physical disabilities medical disorders genetic disorders emotional and behavioural disorders and more The final section covers pharmacological behaviour management in dentistry for children with special needs including chapters on pre medication nitrous oxide oxygen inhalation sedation general anaesthesia and paediatric dentistry in hospital Pediatric Dentistry for Special Child covers a wide range of conditions from Cerebral Palsy to liver disorders cleft lip and palate and dyslexia Each chapter provides management strategies relevant to a particular paediatric disability. This book is enhanced by over 360 full colour images and illustrations making it an ideal reference guide for paediatric dentists and paediatricians Key Points Comprehensive reference guide to dentistry for children with special needs Covers a wide range of conditions including learning physical medical and genetic disabilities Includes management of children with emotional and behavioural disorders and learning difficulties 364 full colour images and illustrations 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 **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

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