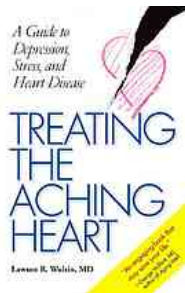
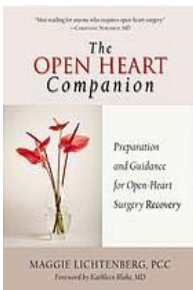


**Living with heart disease** : everything you need to know to safeguard your health and take control of your life  
 Larry Katzenstein  
 616.12 K159L  
 This guide provides expert medical information and valuable advice that no older adult will want to do without!

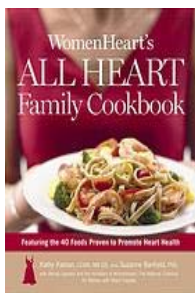


**Treating the aching heart** : a guide to depression, stress, and heart disease  
 Lawson R. Wulsin  
 616.12 W959T  
 The reciprocal relationship between depression and heart disease is explored with the goal of improving outcomes for both diseases.

## Information on a Healthy Heart



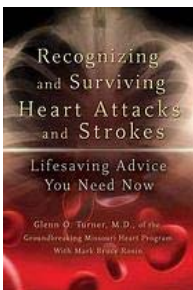
**The open heart companion** : preparation and guidance for open-heart surgery recovery  
 Maggie Lichtenberg  
 617.4 L617O  
 Useful for preparation as well, where this book excels is in the useful information which will smooth the transition from hospital to home after your surgery.



**WomenHeart's all heart family cookbook** : featuring the 40 foods proven to promote heart health  
 Kathy Kastan and Suzanne Banfield  
 641.56311 K155W  
 Every recipe in this book includes at least one of the ingredients identified by researchers as heart healthy.



This is a selection of the information about heart disease that is available at the Racine Public Library.



**Recognizing and surviving heart attacks and strokes**: lifesaving advice you need now  
 Glenn O. Turner  
 616.123 T853R  
 Many heart attacks are preceded by early warning signs that people do not recognize or ignore. If treatment is sought during first sixty minutes of symptoms, victims should suffer little or no damage to heart muscle.

### Web Sites

[www.medlineplus.gov](http://www.medlineplus.gov)

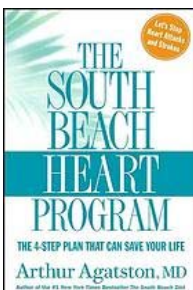
A guide to health information provided by the National Library of Medicine and the National Institutes of Health.

[www.mayoclinic.com](http://www.mayoclinic.com)

Health information provided by the Mayo Clinic.

[www.americanheart.org](http://www.americanheart.org)

Web site for the American Heart Association.



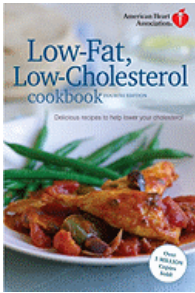
**The South Beach heart program**: the 4-step plan that can save your life  
 Arthur Agatston  
 616.1205 AG17S (also LargePrint and Compact Disc)  
 Dr. Agatston's program emphasizes prevention thru proper nutrition, aerobic exercise and strength training, and appropriate diagnostic testing and medication as needed.



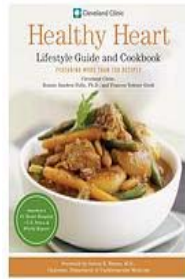
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 racinelibrary.info

Adult Services	262.636.9217
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Interlibrary Loan	262.636.9299

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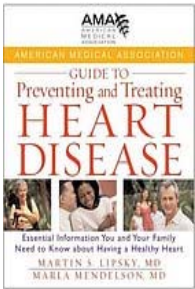


**American Heart Association's low-fat, low-cholesterol cookbook** : delicious recipes to help lower your cholesterol  
641.56311 AM35L4  
This new edition of a classic cookbook offers updated information on saturated and trans fats and includes 50 brand new heart-healthy recipes.

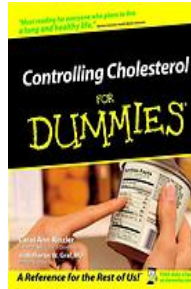


**Cleveland clinic healthy heart lifestyle guide and cookbook**  
Bonnie Sanders Polin  
641.563 P759C  
Features more than 150 tempting recipes designed with heart health in mind.

**Heart disease. Treatment (DVD)**  
616.412 DHEA  
Describes pharmaceutical as well as many different surgical treatments for heart disease, including catheterization, pacemakers and defibrillators, bypass, and valve replacement.

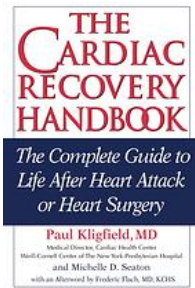


**American Medical Association guide to preventing and treating heart disease** : essential information you and your family need to know about having a healthy heart  
Martin S. Lipsky  
616.12 AM351  
Even if heart disease runs in your family, you can still lower your risk of developing it by following the simple guidelines found in this comprehensive resource.

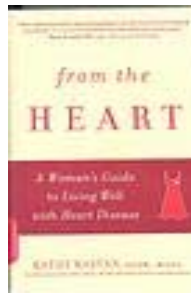


**Controlling cholesterol for dummies**  
Carol Ann Rinzler  
613.28 R476C2  
You'll find the latest information about cholesterol, including treatments, drug information, and dietary advice in this easy-to-understand guide.

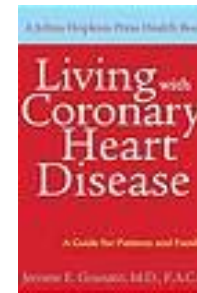
**The hidden epidemic: heart disease in America (DVD)**  
616.12 DHID  
This documentary includes discussion with medical experts and physicians hosted by Larry King.



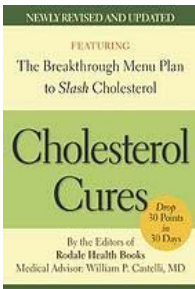
**The cardiac recovery handbook** : the complete guide to life after heart attack or heart surgery  
Paul Kligfield  
616.123 K682C  
From the initial diagnosis of heart disease to medications and surgical options, from hospitalization to rehabilitation, from diet and exercise to keeping your spirits up--no question is left unanswered.



**From the heart** : a woman's guide to living well with heart disease  
Kathy Kastan  
616.12 K155F  
For the more than eight million women dealing with the emotional impact of heart disease, empowering guidance on how to live with renewed confidence and hope



**Living with coronary heart disease** : a guide for patients and families  
Jerome E. Granato  
616.123 G762L  
Even after coronary heart disease is diagnosed, its course can be modified. This valuable resource will help patients and their families make some of the most important health care decisions they will ever face.



**Cholesterol cures** : featuring the breakthrough menu plan to slash cholesterol by 30 points in 30 days  
The editors of Prevention Magazine.  
613.284 C453CR  
Specific foods, exercise, and supplements are part of lowering cholesterol without drugs.



**The healthy heart kit** [sound recording (compact disc)]  
Andrew Weil  
616.12 CDWEI  
Dr Weil brings together several experts to create an integrative medicine approach to heart health including his anti-inflammation diet and guided imagery to deal with negative emotions.

