



American Heart Association's Complete Guide to Heart Health (Better Health for 2003)

American Heart Association

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Take care of your heart and it will take care of you! Let the American Heart Association show you how -- in this complete, up-to-the-minute owner's manual from the country's most respected authority on the heart. No matter what your year, make, or model -- male, female, young, or old -- here is everything you need to know. Learn how to:

Seek emergency help -- when, where, and how. Discover what to do in the event of an emergency, how to be a good medical consumer, what to expect from diagnostic and treatment procedures, and more. Develop the habits of heart-healthy behavior with the book that could save your life.

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