

Contents

Preface / Jerry Fox and Jacob Gershon ix

Part I Heart Attack Basics

- 1 Heart Attack and You / Kathleen Berra and Gerald W. Friedland 3

Part II The Participants' Perspectives

- 2 A Heart Attack in the New Millennium / Jose Ibarra 23
- 3 Doing It My Way / Hans Forsell 29
- 4 It Takes a Team / Max Kramer 34
- 5 Reversing Angina / Helen L'Amoreaux 52
- 6 Preventive Medicine Works / Peter Jones 61
- 7 Modern Cardiology, Cardiac Surgery, and My Angina / David Moses 67
- 8 Success without Angioplasty or Surgery / Jacob Gershon 76
- 9 Miracles Can Happen with the Two Ds / Verne Peters 88
- 10 Young People Do Not Get Heart Attacks (WRONG!) / Sonny Adams 94
- 11 Myth: You Are Lucky to Be a Woman / Joy Sing 102
- 12 Risk Factors from a Patient's Perspective / Jerry Fox 112

Part III The Health Professionals' Perspectives

- 13 The Complexities of Proper Nutrition /
Christopher Gardner 123
- 14 Testing and Treatment / Francis H. Koch 153
- 15 An Introduction to Cardiac Rehabilitation Programs /
Kathleen Berra 169
- 16 Cardiac Rehabilitation in Action / Donna Louie,
Nancy Houston Miller, and Robin Wedell 175
- Notes 199
- Glossary 207
- List of Contributors 217
- Index 219