



# The Handbook of Heart Drugs: A Consumer's Guide To Safe And Effective Use

*Martin, M.D. Goldman*

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Cardiovascular drugs have dramatically changed the way we treat heart disease in the last decade--allowing us to effectively combat hypertension, lower cholesterol, reduce the risk of heart attacks, and, in some cases, even *reverse* heart disease. Yet, if you are on of the more than 30,000,000 Americans who take heart drugs, chances are you are not getting all the information you need to take these medications safely and effectively.

Dr. Martin Goldman has written the first book that deals with *all* the issues surrounding the use of these life-preserving drugs--how they work on the body's systems and how life-style, diet, and exercise enhance or impede their effectiveness. In clear and accessible prose, using examples from his own practice, Dr. Goldman also presents guidelines for choosing and communicating with your cardiologist, examines the value of new screening tests and procedures, and even shows patients how to keep a cardiovascular diary to monitor their own heart care.

The second half of the book provides comprehensive profiles of more than ninety commonly used heart drugs--among them beta blockers, anticoagulants, and antihypertensives--examining their possible side effects; their interactions with food, alcohol, and other drugs' and life-style alterations to consider while using them. This is an indispensable guidebook for anyone concerned about complete cardiac care.

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