

♥ HEART HEALTH

A New Book On Heart Health Can Save Your Life

(NAPSA)—As many as 1 million angioplasties and 467,000 coronary bypasses could be avoided each year, according to a leading heart expert.

Dr. Arthur Agatston says most people can avoid going under the knife—and heart attacks and strokes could be virtually eliminated—if people followed a simple regimen of prevention.

That means eating a heart-healthy diet, communicating with a doctor and getting enough exercise each day. Still, this year alone, nearly 900,000 people will have a new or recurrent heart attack and another 700,000 will have a stroke.

Helping Heart Health

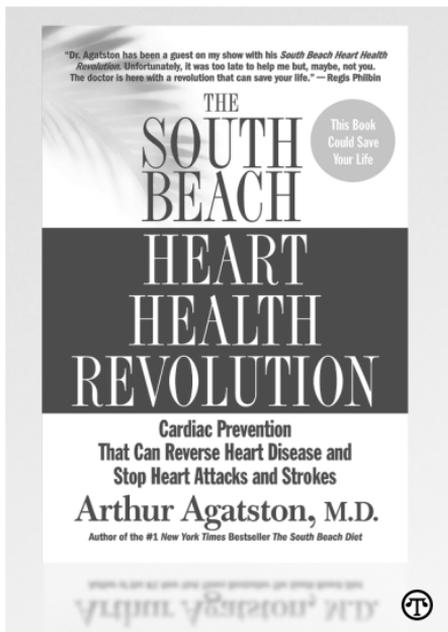
The world-renowned cardiologist explains his prevention plan and provides tools to help assess your cardiac risks in “The South Beach Heart Health Revolution” (St. Martin’s Griffin), now in paperback.

A few factors the book says to consider:

- You can have a negative stress test and still be at risk for a heart attack;
- Your cholesterol level may not accurately indicate your risk for a heart attack or stroke;
- A noninvasive heart scan can reveal whether you are at great risk for a heart attack;
- Belly fat can be deadly.

Fewer Surgeries

According to Dr. Agatston, there



A new book says the majority of heart attacks and strokes in the U.S. can be prevented.

is overwhelming scientific research—including the “COURAGE” and “MESA” Trials—that backs the assertion that prevention, not surgery, is the best way to avoid a heart attack or stroke.

Reducing surgeries and heart attacks in the U.S. could save millions of dollars each year, but more important, countless lives could be saved. All it might take is a change in the way Americans treat their health, their hearts and their approach to living well.