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## Dr Dawn's Guide to Heart Health

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By Dawn Harper

SPCK Publishing. Paperback. Book Condition: new. BRAND NEW, Dr Dawn's Guide to Heart Health, Dawn Harper, This book is a one stop shop for all things cardiac. Starting with a lucid explanation of the anatomy of the cardiovascular system, it covers everything from high blood pressure and raised cholesterol to angina and heart failure, abnormal heart rhythms, disease of the valves of the heart, and diseases of the peripheral blood vessels. Who is at risk, and what you can do to reduce your risks, are also covered along with advice on lifestyle factors and realistic tips on how to help yourself. Dr Dawn also examines medical tests and examinations, when they may be necessary, and exactly what they're looking for.

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