



Seven Steps to Stop a Heart Attack

Dr. Bob Arnot

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A definitive guide to the latest tactics for avoiding heart disease and a heart attack -- from a trusted physician and bestselling author

Dr. Bob Arnot offers cutting-edge advice on a subject at the forefront of the nation's health consciousness: heart health.

When Dr. Arnot's father -- himself a distinguished doctor -- died of a massive heart attack a year ago, it came as a horrible shock. A heart attack can happen to anyone, but upon further investigation, Dr. Arnot came to the realization that his father's death might have been preventable. The tragedy inspired Dr. Arnot to write this book, exploring all the very latest advances in medical science, many of which have occurred in the last year, and developing steps that can help people avoid his father's fate. Dr. Bob discusses how to:

- Know the warning signs.
- Determine your risk.
- Get the right diagnosis.
- Get the right medications.
- Get the right procedures.

Based on extensive discussions with renowned experts in the field of cardiology (who are quoted extensively), *Seven Steps to Stop a Heart Attack* covers all the risks, symptoms, procedures, and medications in prose that is clear, concise, and easy to follow. For a country in which half a million people die each year from heart attacks, this is a work of profound importance for the general public and physicians alike.

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