

**OUTLIVING HEART DISEASE: THE 10 NEW RULES  
FOR PREVENTION AND TREATMENT**

**Todd Cavanah**

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Editorial Reviews. Review. Dr. Stein weaves together a life-saving quilt of action steps to keep Outliving Heart Disease: The 10 New Rules for Prevention and Treatment - Kindle edition by Richard A. Stein M.D.. Download it once and read it .

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Following a discussion of the latest medical advancements involved in treatment, Dr. Stein lays out ten chapters, each presenting a new rule for outliving heart.

The NOOK Book (eBook) of the Outliving Heart Disease: The 10 New Rules for Prevention and Treatment by Richard A. Stein M.D. at Barnes.

Available in National Library (Singapore). Outliving heart disease -- The new science behind the new rules for outliving heart disease -- Be alert to symptoms.

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I had never done that, and I truly do not remember how I told her or what I said. Richard Stein, the director of Preventive Cardiology at Beth Israel Hospital in New York City, cuts through the constant stream of new reports and often-contradictory information about preventing and treating heart disease with his 10 new rules: Rule No. 1. Now: We know that plaque size, in most cases, is not what determines whether or not you will have a heart attack. And so is walking up stairs. These benefits were equally robust in men and women. Salt II. Then I will describe the workings of the disease—atherosclerosis—a time to argue about it—if you want to win, you need to adapt to the new rules! The Intimate Lives of the Founding Fathers.