50 WAYS

Women Can Prevent Heart Disease

A Complete Guide to:

- Why heart disease in women is so often misdiagnosed
- How symptoms differ in women
- How lifestyle, stress, and diet place women at risk
- Pros and cons of hormone replacement therapy

M. Sara Rosenthal

Author of *The Thyroid Sourcebook for Women*, *The Gynecological Sourcebook*, and *The Type 2 Diabetic Woman*

Foreword by Laura Purdy, Ph.D. Bioethicist, University of Toronto Joint Centre for Bioethics, Professor of Medical Ethics, Wells College

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50 Ways Women Can Prevent Heart Disease

Other books by M. Sara Rosenthal:

50 Ways to Prevent Colon Cancer
The Thyroid Sourcebook
The Gynecological Sourcebook
The Pregnancy Sourcebook
The Fertility Sourcebook
The Breastfeeding Sourcebook
The Breast Sourcebook
The Gastrointestinal Sourcebook
Managing Your Diabetes
Managing Diabetes for Women
The Type 2 Diabetic Woman
The Thyroid Sourcebook for Women
Women & Depression

50 Ways Women Can Prevent Heart Disease

M. Sara Rosenthal

Foreword by Laura Purdy, Ph.D.

LOWELL HOUSE

LOS ANGELES

NTC/Contemporary Publishing Group

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