

# Getting to the Heart of Your Health

## RESOURCES FOR HEART-HEALTHY LIVING

### Health Resource Library

Open to the public  
8:30 a.m.–4:30 p.m.  
Monday-Friday  
(831) 622-2746

Located on the lower level of the Comprehensive Cancer Center behind the reception desk, directly below gourmet coffee bar

### Community Hospital Support Services

#### Women's Heart Risk Assessment

Part of the Women's Heart-Advantage® Program. Takes a comprehensive look at your risk for heart disease and helps develop a plan for reducing that risk. Personal assessment includes: Evaluation, nutrition, review risk profile, consultation with a registered nurse and cardiologist, and an action plan with follow-up recommendations. *May be covered by insurance.* Call (831) 655-LIFE (5433).

#### Cardiac Wellness Program

This medically supervised program includes lifestyle counseling, exercise training, and education for those who have had a heart attack, cardiac surgery, angioplasty, or stent. For more information, call (831) 625-4765.

## Books, pamphlets, and DVDs are available on the following topics:

### HEART DISEASE AND PHYSIOLOGY

*Cleveland Clinic Heart Book*, Eric Topol, MD  
*Coronary Heart Disease: A Guide to Diagnosis and Treatment*, Barry Cohen, MD  
*State of the Heart: The Practical Guide to Your Heart and Heart Surgery*, Larry Stephenson, MD  
Healthy Body Healthy Mind the TV Series — Heart Disease (DVD)  
*Heart Attacks* (pamphlet)  
*Heart Failure: A Patient's Guide* (pamphlet)  
*An Inside Look at Managing Heart Failure* (pamphlet)  
*Mayo Clinic Heart Book*, Bernard Gersh, MD  
*Understanding Heart Failure* (pamphlet)  
*You and Your Cardiologist: A Cleveland Clinic Guide*, Curtis Mark Rimmerman, MD

### WOMEN'S HEART DISEASE

*From the Heart: A Woman's Guide to Living Well with Heart Disease*, Kathy Kastan  
Healthy Body Healthy Mind the TV Series — Women and Heart Disease (DVD)  
*Take it to Heart: The Real Deal on Women and Heart Disease*, Pamela Serure  
*The Women's Heart Book: Complete Guide to Keeping Healthy*, Fredric Pashkow, MD

### HEART CARE AND DISEASE PREVENTION

*American Medical Association's Guide to Preventing and Treating Heart Disease*, Martin Kipsky, MD, et. al.  
*Beyond cholesterol: 7 Life-Saving Heart Disease Tests that Your Doctor May Not Give You*, Julius Torelli, MD  
*Cardiovascular cure: How to Strengthen Your Self-Defense Against Heart Attack and Stroke*, John Cooke, MD  
*Heart Care for Life: Developing the Program that Works Best for You*, Barry Zaret, MD  
*Heart-Mind Connection: How Emotions Contribute to Heart Disease and What to do About it*, Windsor Ting, MD  
*Outliving Heart Disease: The 10 New Rules for Prevention and Treatment*, Richard Stein, MD  
*Take a Load Off Your Heart: 109 Things You can do to Prevent . . .* Joseph Piscatella  
*Thriving With Heart Disease: A Unique Program for You and Your Family*, Wayne Sotile  
*Treating the Aching Heart: A Guide to Depression, Stress and Heart Disease*, Lawson Wulsin, MD  
*Taking on Heart Disease*, Larry King

### HEART ATTACK AND RECOVERY

*Cardiac Recovery Handbook: Complete Guide to Life After Heart Attack*, Paul Kligfield, MD  
*Heart Attack: A Cleveland Clinic Guide*. Curtis Rimmerman, MD  
*Seven Steps to Stop a Heart Attack*, Bob Arnot, MD

### ALTERNATIVE MEDICINE AND THE HEART

*Healing From the Heart*, Mehmet Oz, MD  
*The Heart Speaks*. Mimi Guarneri, MD

### SURGICAL PROCEDURES

*All About Heart Bypass Surgery*, Richard Trahair  
*Coronary Bypass Surgery: A Patient's Guide* (pamphlet)  
*Open Heart Companion: Preparation and Guidance for Open-Heart Surgery*, Maggie Lichtenberg  
*So You're Having Heart Bypass Surgery*, Brett Sheridan, MD  
*So You're Having Heart Cath and Angioplasty*, Magnus Ohman, MD  
*Understanding Pacemakers* (pamphlet)

### HYPERTENSION AND CHOLESTEROL

*High Blood Pressure for Dummies*, Alan Rubin, MD  
*High Blood Pressure: The Black Man and Woman's Guide to Living with Hypertension*, James Reed, MD  
*Cholesterol Counter*, Annette Natow, RD  
Healthy Body Healthy Mind the TV Series — Managing Cholesterol (DVD)

### COOKING AND NUTRITION

*The Cardiac Recovery Cookbook: Recipes for Life After Heart Attack or Surgery*, M. Laurel Cutlip, RD  
*Eating for a Healthier Heart* (pamphlet)  
*The Healthy Heart Cookbook: Over 700 Recipes*, Joseph Piscatella  
*Living Well, Staying Well: The Ultimate Guide to Prevent Heart Disease*, American Heart Association  
*Recipes for a Healthy Heart*, Simeon Margolis, Johns Hopkins Cookbook Library  
*The South Beach Heart Program: The 4-Step Plan*, Arthur Agatston, MD



Community Hospital of the Monterey Peninsula®

