



Apogee Communications Group

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Heart Disease Prevention - Set of 2 DVDs Vol 1 64min, Vol 2 68min

\$69.95



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More than 70 million Americans have one or more types of Cardiovascular Disease, including more than 13 million Americans with Coronary Heart Disease, according to the American Heart Association. Heart Disease is the leading cause of death among both men and women in the United States. Heart Attacks can be prevented by knowing, and potentially modifying, your risk factors for Heart Disease. Learn how changes in diet, exercise and knowing your risk factors can help prevent heart attacks.

Heart Disease Prevention DVD is a two DVD set more than 2 hours in length that will give you the tools to help you in your family prevent heart disease. Interventional cardiologists and other healthcare professionals explain what risk factors are including family history, obesity, high blood pressure, smoking, and high cholesterol. **Heart Disease Prevention DVD** also explains the effect of your lifestyle on preventing heart disease. Other subjects include diet and exercise, fast food, eating habits, exercise, and the lifestyle of your children. Heart disease can begin at a very early age and the more you know about preventing heart disease, the longer healthier life you will live.

Heart Disease â€“ Prevention DVD will inform you how heart attacks can be prevented. In the patient responsibility section you will learn the effects of fast food, diet, exercise have on heart disease. Heart disease patients, doctors, and healthcare professionals will share you their experiences with you.

Heart disease can begin at an early age. **Heart Disease â€“ Prevention DVD** will help you understand your role as a parent in your childrenâ€™s health. With todayâ€™s lifestyles of fast food, little exercise, and a lot of video game and TV time, many children have the risk of developing heart disease. Learn what you can do as a parent now while your child is young.

Interventional cardiologist Dr. Nelson Trujillo explains how changing your eating habits and getting more exercise can help prevent heart disease. This award-winning DVD set belongs in every library, school, health department, doctor's office, hospital, and wellness program. The information contained on these award winning educational DVDs will help you ask your doctor important questions about heart disease. Make **Heart Disease â€“ Prevention DVD** a part of your video collection.

SAVE \$50.00! Order Heart Disease - Prevention, Detection, and Treatment Combo pack and save \$50.00.

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Volume 1 Topics Covered:

â€¢ Introduction

â€¢ Risk Factors

Smoking

Cholesterol

High Blood Pressure

Family History

Age

Diabetes

Obesity

Emerging risk factors

â€¢ Lifestyle

â€¢ Aspirin

â€¢ Preventing Heart Attacks

Volume 2 Topics Covered:

â€¢ Patient Responsibility

â€¢ Diet & Exercise

â€¢ Fast Food

â€¢ Eating Habits

â€¢ Exercise

â€¢ Childrenâ€™s lifestyle

â€¢ Available on DVD

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