



First Aid for Your Heart - A Guide to First Aid and Preventions (Paperback)

By M Usman, John Davidson

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.First Aid ForYour Heart - A Guide To First Aid And Preventions Table of Contents Preface 1.Introduction 2.Understanding the problem 3.Heart arrhythmia 3.1 Causes of heart arrhythmia 3.2 Symptoms of Arrhythmias The symptoms of arrhythmia are not too clear and sometimes your doctor may suspect arrhythmia before it even begins through your routine medical checkups. However the symptoms arrhythmia does indicate are as follows. 3.3 First aid for arrhythmia 4.Angina 4.1 Symptoms 4.2 First aid 5.Bradycardia 5.1 Symptoms 5.2 Conventional treatment 6.Heart attack 6.1 Symptoms of a heart attack 6.2 What do you do in the scenario of a heart attack? 7.1 How to perform a CPR (cardiopulmonary resuscitation) 7.2 Post heart attack, precautions for life 7.3 Factors you need to start reducing immediately 8. Starting off healthy 9.Keeping a healthy heart 10. Conclusion 11.References Preface Your heart is the most important organ of your body. Its functionality gives us blood and oxygen, without which, no other organs can survive. Life knows no other means if your heart gives way. When we realize the vital importance of this...



READ ONLINE
[4.83 MB]

Reviews

It is great and fantastic. Better then never, though i am quite late in start reading this one. Your life period will likely be transform once you comprehensive reading this book.

-- **Blanca Davis**

An extremely wonderful book with lucid and perfect information. It is one of the most awesome publication i have read. Your life period will probably be enhance the instant you total looking at this pdf.

-- **Prof. Dan Windler MD**