

Contents

Acknowledgments	viii
Introduction	1
The Heart Questions	5
Chapter 1 Affairs of a Woman's Heart	8
Chapter 2 The Risks to a Woman's Heart	19
Chapter 3 Determining Your Risk of Heart Disease	41
Chapter 4 Screening and Testing for Heart Disease: What Must Be Done, What Can Be Done, and What the Results Mean	51
Chapter 5 Heart Medications	79
Chapter 6 Therapeutic Options and Treatment Goals for Heart Disease and Specific Cardiac Risk Factors	109
Chapter 7 Nature's Pharmacy	130
Chapter 8 Heart Bites	148
Chapter 9 Exercise and Your Heart	184
Chapter 10 The Impact of Stress	198
Chapter 11 Sleep and Heart Health	221
Chapter 12 Why Women Matter: Marching to a New Beat	231
Endnotes	242
Resources	250
Index	252