
Contents

| | |
|---------------------------|----|
| Symbols and abbreviations | xi |
|---------------------------|----|

Section 1

The facts about heart disease

| | |
|--|----|
| 1 How does the cardiovascular system work? | 2 |
| 2 What are the symptoms of heart disease? | 9 |
| 3 Cardiac tests | 14 |
| 4 Risk factors that increase the possibility of heart disease | 32 |
| 5 Atherosclerosis (Obstruction of the arteries) | 48 |

Section 2

Types of heart disease and other problems

| | |
|--|----|
| 6 Coronary artery disease (ischaemic heart disease) | 52 |
| 7 Rhythm disturbances (Arrhythmia) | 69 |
| 8 Congestive heart failure | 79 |
| 9 Congenital heart diseases | 83 |
| 10 Cardiomyopathies and arrhythmogenic syndromes | 87 |
| 11 Pericarditis and myocarditis | 92 |
| 12 Valvular heart disease | 93 |
| 13 Sudden cardiac death | 99 |

Section 3

Treatment

| | | |
|-----------|--------------------------------|-----|
| 14 | Cardiovascular drugs | 102 |
| 15 | Pacemakers and related devices | 127 |

Appendices

| | | |
|----------|---|-----|
| A | When to treat hypertension and hypercholesterolaemia | 134 |
| B | Some practical advice for the cardiac patient | 135 |
| C | Other sources of information and support | 137 |
| | Glossary | 139 |
| | Index | 142 |