



The Haywire Heart: How Too Much Exercise Can Kill You, and What You Can Do to Protect Your Heart (Hardback)

By Christopher J. Case, John Mandrola, Lennard Zinn

VELOPRESS, United States, 2017. Hardback. Condition: New. Language: English . Brand New Book. Too much exercise can kill you. The Haywire Heart is the first book to examine heart problems in athletes. You ll find what to watch out for, what to do about it, and how to protect your heart so you can enjoy sports for the rest of your life. Starting with a wide-ranging look at the symptoms and how to recognize your potential risk, The Haywire Heart shares the developing research into a group of conditions known as athlete s heart . Arrhythmias like atrial fibrillation, hypertrophy, and myocardial cell failure are appearing with alarming frequency among older athletes who are pushing their bodies harder than ever in the hope that exercise will keep them healthy and strong into their senior years. Despite their lean looks and healthy glow, athletes entering their 50s and 60s are seeing a unexpected rise in heart attacks and sudden cardiac death in what was supposed to be the healthiest generation of active people yet. In The Haywire Heart, leading cardiac electrophysiologist and masters athlete Dr. John Mandrola explores the prevention and treatment of heart disease in athletes. The book is complete...



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