



# **The Heart of the Matter: The African American's Guide to Heart Disease, Heart Treatment, and Heart Wellness**

*Hilton M II Hudson MD, M D Hudson II, Herbert Stern Ph.D.*

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African Americans are at a much higher risk of death from heart and cardiovascular disease than are white Americans -- usually because of lifestyle and dietary habits. Fortunately, better heart health can be achieved by simple changes in lifestyle and diet and through better stress management. This book offers a better understanding of heart disease, including its symptoms; treatment options, benefits, and risks; what to expect from surgery; and how to recognize, prevent, and manage stress. This book will help African Americans reduce their risk of heart disease and live a longer, healthier life.

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