



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

By Hudson MD, Hilton M II; Hudson II, M D; Stern Ph.D., Herbert

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Heart (cardiovascular) disease (CVD, heart disease) is a variety of types of conditions that affect the heart, for example, coronary or valvular heart disease; cardiomyopathy, arrhythmias, and heart infections. Symptoms of heart disease include chest pain, sweating, nausea, and shortness of breath. Treatment for heart disease includes lifestyle changes, medication, and possibly surgery. Learn about the various medications for heart disease and cardiovascular conditions, such as anticoagulants, blood thinners, beta blockers, and more.Â Helps to reduce the heart's workload. Also decreases the buildup of fluid in the lungs and other parts of the body, such as the ankles and legs. Different diuretics remove fluid at varied rates and through different methods. Heart disease weakens the heart that it can no longer pump blood effectively; this leads to excess stimulation of the sympathetic nervous system in an attempt to compensate the low supply of blood by the heart. This compensation causes increased sweating and nervousness. Extreme fatigue.Â I am a Biochemist and Naturopath, I love writing and educating people on health and wellness matters. Share. WhatsApp. The Heart of the Matter (1948) is a novel by English author Graham Greene. The book details a life-changing moral crisis for Henry Scobie. Greene, a former British intelligence officer in Freetown, British Sierra Leone, drew on his experience there. Although Freetown is not mentioned in the novel, Greene confirms the location in his 1980 memoir, Ways of Escape. Getting Help for a Heart Attack. The Heart of the Matter. How to Estimate Your Risk. To Learn More.Â The Heart Truth warns women about heart disease and encourages them to take action against its risk factors. The message is paired with an arresting imageâ€”the Red Dressâ€”the national symbol for women and heart disease awareness. The symbol links a womanâ€™s focus on her â€œouter selfâ€ to the need to also focus on her â€œinner self,â€ especially her heart health.Â More than 85 percent of African American women in midlife are overweight or obese, while 52 percent have high blood pressure, and 14 percent have been diagnosed with diabetes. Among Hispanic women in midlife, 78 percent are overweight or obese, while more than 10 percent have been diagnosed with diabetes.