

Unbinding The Heart

The Heart Made EasyThe heart of industrial England. Birmingham and surrounding districtsThe 10 Best Questions for Recovering from a Heart AttackWaverley Novels: The heart of Mid-LothianSignaling in the HeartCharacter of The HeartThe HeartThe HeartThe Heart - An Elegant PumpThe Heart BookEdinburgh Medical JournalGuide to Heart Healthy DietThe Heart of Northern WalesThe Heart SpeaksThe Oracle EncyclopaediaThe LancetThe Life Insurance ExaminerThe Development of the Sympathetic Nervous System in the Heart of the Rat and Guinea PigThe Heart and its FunctionThe Heart of a Boy Carl Robinson England Dede Bonner Walter Scott Jos² Mar²n-Gard²a Brother Saul James Peto N. Boyadjian Desmond J Sheridan Professor Robert Kelly Vincent Bronson W. Bezant Lowe Mimi Guarneri Charles Frederick Stillman Jo Ann Mayers Lipp John Langdon Down Edmondo De Amicis

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from the writer of the worlds fastest growing cardiology website thepad pm comes this fantastically illustrated explanation of how the heart works if you want to understand the human heart this book will help you do so in a very simple and friendly way written for patients trying to understand their hearts it is also ideal for students or healthcare professionals trying to build their knowledge for the first time love your explanations it demystifies all things cardiac in a way that helps explain it to patients reader experience of thepad pm

drawing on cutting edge research and advice from internationally prominent cardiologists the 10 best questions for recovering from a heart attack is a holistic guide you ll take with you into your doctor s office and keep close to you through every step of your treatment and recovery a good mind knows the right answers but a great mind knows the right questions and never are the best questions more important than after the life altering event of surviving a heart attack or being diagnosed with heart disease drawing on cutting edge research and advice from internationally prominent cardiologists the president of the american heart association award winning personal trainers and nutritionists and experts in healthy lifestyles smoking cessation alcohol abuse stress management spirituality relationships sex and financial planning the 10 best questions for recovering from a heart attack is a holistic guide you ll take with you into your doctor s office and keep close to you through every step of your treatment and recovery with a wealth of resources and up to the minute information the 10 best questions for recovering from a heart attack shows you and your family how to move beyond your fears and use the power of the best questions and magic questions the smartest questions most people never think to ask to become your own best advocate for your physical emotional mental spiritual and financial health

signal transduction pathways are at the core of most biological processes and are critical regulators of heart physiology and pathophysiology the heart is both a transmitter and dynamic receptor of a variety of intracellular and extracellular stimuli playing a critical role of an integrator of diverse signaling mechanisms alterations in signaling pathways are contributing factors in the development and progression of a broad spectrum of diseases ranging from dysrhythmias and atherosclerosis to hypertension and the metabolic syndrome targeting specific components of these signaling pathways has been shown to be effective in preclinical studies with significant therapeutic impact this book brings together current knowledge in cardiovascular cell signal transduction mechanisms advances in novel therapeutic approaches to improve cardiac function and discussion of future directions presented from a post genomic perspective this exciting book introduces important new ideas in cardiovascular systems biology it is an invaluable reference for cardiology researchers and practitioners

published to mark the opening of wellcome collection this book examines the history of man s understanding of the human heart from the ancient world to the present the book provides a richly illustrated account of changes in our perception of what the heart does and what it means

our hearts have evolved to be extremely efficient long lasting pumps that exquisitely match the needs of our bodies this book is about how the heart does this how can a heart pump the blood for up to one hundred years while the best formula one racing engine has a working life measured in hours why is the heart so efficient and how are worn out parts replaced while working how does it generate the force to act as a pump how is it controlled electrically and how can it repair itself this book addresses these questions from physiological and molecular perspectives in language that aims to be accessible to all interested in biology and with liberal illustrations the story of how the heart works is presented in the context of its origins how is the heart formed in the womb how it evolved as an oxygen pump through many configurations following the onset of oxygenic photosynthesis 2 5 billion years ago why its intimate co evolution with the circulation and blood was essential to enable its efficiency and longevity the book begins with a discussion of why the word heart is universally used as a metaphor for reason and emotion and traces its origins in modern and ancient languages the last chapter explains why most diseases of the heart can be attributed to a divergence between the lifestyle for which the heart is optimally evolved and those lived today in high income nations and increasingly in middle and lower income nations advice on how to preserve the heart is presented in light of this

we all know the things we need to do to live longer healthier lives but it can often be difficult to motivate ourselves to take the first step we feel overwhelmed by advice and don t know where to start professor robert kelly runs a busy cardiology and lifestyle medicine practice with the primary aim of preventing treating and potentially reversing heart disease he treats patients with a wide spectrum of heart related problems and has developed his whole heart health approach which is more holistic and patient centred while medication and interventions such as stents and surgeries play a vital role in managing heart problems professor kelly also uses lifestyle medicine to give patients the tools to really change their bad habits and become healthy extending their life by years and reducing the risk of future heart problems the heart book brings this approach to the reader as professor kelly guides you from knowing to doing helping you to overcome your inertia and take positive steps to a healthier future he educates the reader about heart health lifestyle medicine and longevity and then teaches you how to change your behaviours to prevent treat and potentially reverse heart disease so you can live longer happier and healthier each chapter includes patient stories and tools for readers to use the heart book is essential reading for anyone looking to kickstart their new healthier lifestyle and break their bad habits

heart organ that serves as a pump to circulate the blood it may be a straight tube as in spiders and annelid worms or a somewhat more elaborate structure with one or more receiving chambers

atria and a main pumping chamber ventricle as in mollusks in fishes the heart is a folded tube with three or four enlarged areas that correspond to the chambers in the mammalian heart in animals with lungs amphibians reptiles birds and mammals the heart shows various stages of evolution from a single to a double pump that circulates blood 1 to the lungs and 2 to the body as a whole the heart consists of several layers of a tough muscular wall the myocardium a thin layer of tissue the pericardium covers the outside and another layer the endocardium lines the inside the heart cavity is divided down the middle into a right and a left heart which in turn are subdivided into two chambers the upper chamber is called an atrium or auricle and the lower chamber is called a ventricle the two atria act as receiving chambers for blood entering the heart the more muscular ventricles pump the blood out of the heart the heart although a single organ can be considered as two pumps that propel blood through two different circuits the right atrium receives venous blood from the head chest and arms via the large vein called the superior vena cava and receives blood from the abdomen pelvic region and legs via the inferior vena cava blood then passes through the tricuspid valve to the right ventricle which propels it through the pulmonary artery to the lungs in the lungs venous blood comes in contact with inhaled air picks up oxygen and loses carbon dioxide oxygenated blood is returned to the left atrium through the pulmonary veins valves in the heart allow blood to flow in one direction only and help maintain the pressure required to pump the blood the low pressure circuit from the heart right atrium and right ventricle through the lungs and back to the heart left atrium constitutes the pulmonary circulation passage of blood through the left atrium bicuspid valve left ventricle aorta tissues of the body and back to the right atrium constitutes the systemic circulation blood pressure is greatest in the left ventricle and in the aorta and its arterial branches pressure is reduced in the capillaries vessels of minute diameter and is reduced further in the veins returning blood to the right atrium the pumping of the heart or the heartbeat is caused by alternating contractions and relaxations of the myocardium these contractions are stimulated by electrical impulses from a natural pacemaker the sinoatrial or s a node located in the muscle of the right atrium an impulse from the s a node causes the two atria to contract forcing blood into the ventricles contraction of the ventricles is controlled by impulses from the atrioventricular or a v node located at the junction of the two atria following contraction the ventricles relax and pressure within them falls blood again flows into the atria and an impulse from the s a starts the cycle over again this process is called the cardiac cycle the period of relaxation is called diastole the period of contraction is called systole diastole is the longer of the two phases so that the heart can rest between contractions in general the rate of heartbeat varies inversely with the size of the animal in elephants it averages 25 beats per minute in canaries about 1 000 in humans the rate diminishes progressively from birth when it averages 130 to adolescence but increases slightly in old age the average adult rate is 70 beats at rest the rate increases temporarily during exercise emotional excitement and fever and decreases during sleep rhythmic pulsation felt on the chest coinciding with heartbeat is called the apex beat

an evaluation of the multi faceted role of the heart considers its representation of emotions and spirituality drawing on recent studies to reveal that the heart has its own intelligence and memory and operates independently from the brain

reprint of the original first published in 1881 the antigonos publishing house specialises in the publication of reprints of historical books we make sure that these works are made available to the public in good condition in order to preserve their cultural heritage

a children s novel by the italian author edmondo de amicis who was a novelist journalist short story writer and poet the novel is his best known work to this day having been inspired by his own children furio and ugo who had been schoolboys at the time it is set during the italian unification and includes several patriotic themes it was issued by treves on october 18 1886 the first day of school in italy and rose to immediate success through its investigation of social issues such as poverty heart shows the influence of left wing ideologies on de amicis work he was later to join the

italian socialist party because of this the book remained influential and the staple of many textbooks in countries of the eastern bloc on the other hand the book s strong evocation of italian nationalism and patriotism also made it very welcome in fascist italy he novel is written in a diary form as told by enrico bottini an 11 year old primary school student in turin with an upper class background who is surrounded by classmates of working class origin the entire chronological setting corresponds to the third grade season of 1881 82 enrico says it has been four years since the death of victor emmanuel ii king of italy and the succession by umberto i and also tells about the death of giuseppe garibaldi which happened in 1882 enrico s parents and older sister silvia interact with him as written in his diary as well as his teacher who assigns him with homework that deals with several different stories of children throughout the italian states who should be seen as role models these stories are then given in the book as enrico comes upon reading them every story revolves around a different moral value the most prominent of which are helping those in need having great love and respect for family and friends and patriotism these are called the monthly stories and appear at the end of every school month

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