

Ein Ratgeber für Herzpatienten
5. Auflage

Körperliche Bewegung — dem Herzen zuliebe

Katharina Meyer



Körperliche Bewegung Dem Herzen Zuliebe

Scott C. Dulebohn



Körperliche Bewegung Dem Herzen zuliebe:

Körperliche Bewegung - dem Herzen zuliebe Katharina Meyer, 2010-02-13 Mit diesem Ratgeber steht dem herzkranken Patienten eine praktische die rztlichen Empfehlungen begleitende Anleitung zur Bewegungstherapie zur Verfügung Körperliche Bewegung und gesunde Lebensweise gehen zusammen Deshalb informiert der Ratgeber wie und in welchem Maße verhaltensbedingte Risikofaktoren verändert werden sollten und welche Bedeutung dies für die gesundheitliche Zukunft eines Herzkreislauf Patienten hat Entsprechend der Belastbarkeit seines Herzens wird der Patient zu einem individuell angemessenen Bewegungstherapieprogramm geführt Mit diesem Ratgeber beantwortet die Autorin in allgemein verständlicher Sprache gezielt Fragen die jeden Herzpatienten beschäftigen *Körperliche Bewegung - dem Herzen zuliebe* K. Meyer, 2013-03-09 Seit über 30 Jahren hat sich die körperliche Bewegung als Therapie nach Herzerkrankung bewährt Sie kann den Körper stabilisieren das kranke Herz entlasten Leistungsreserven mobilisieren und Herzangst abbauen Um diese wünschenswerten Effekte zu erreichen muß auch der Patient über das Warum und Wie körperlicher Bewegung bei Herzerkrankung informiert sein Mit diesem Ratgeber steht dem herzkranken Patienten erstmalig eine die rztlichen Empfehlungen begleitende Anleitung zur Bewegungstherapie zur Verfügung In allgemein verständlicher Sprache werden wichtige Inhalte zur Theorie und Praxis der Bewegungstherapie vermittelt Zum Beispiel beantwortet der Ratgeber klar und gezielt wodurch das kranke Herz in seiner Belastbarkeit begrenzt ist wodurch es belastet werden kann woran eine Überlastung zu erkennen ist und wie Belastungen bei körperlicher Bewegung vermieden werden können Erklärt auch über Besonderheiten der Bewegungstherapie nach koronarer Bypass Operation und Herzklappen Operation auf Ferner geht er auf spezielle Fragen zur Bewegungstherapie mit herzkranken Frauen und Herzpatienten hohen Alters bei der Schenkensterkrankheit sowie in Herzgruppen am Wohnort ein Vor dem Hintergrund dieser und vieler anderer Informationen werden Patienten mit Herzinfarkt und Herzmuskelerkrankungen sowie nach koronarer Bypassoperation und Herzklappenoperation zu einem individuell angemessenen Bewegungstherapieprogramm geführt und praktisch angeleitet

Herz- und Kreislauferkrankungen im Alter B. Kark, H. Werner, 2013-03-08 Kardiales Risiko beim Sport K.-L. Schulte, 2013-03-07 **Ratgeber Herzinfarkt** Peter Mathes, 2009-12-30 Ein Herzinfarkt wie ein Blitz aus heiterem Himmel das ist nur scheinbar so Die Gefahr entwickelt sich langsam über viele Jahre Davor kann sich aber jeder schützen Eine Änderung der Lebensweise z.B. in Anlehnung an die Mittelmeerländer kann das Risiko ganz erheblich verringern Dieser leicht verständliche Gesundheitsratgeber informiert über eine wirksame Vorbeugung über Früherkennungs- und Behandlungsmethoden sowie über Wege auch nach dem Herzinfarkt angstfrei zu leben Die vielen praktischen Ratschläge zu einer herzgesunden Lebensweise helfen Ihnen und Ihren Angehörigen die notwendigen Schritte zu gehen Ihr Herz wird es Ihnen danken Die Pflege des Menschen im Alter Mechthild Seel, Elke Hurling, 2010-12-06 Für die 3. Auflage wurde dieses Lehrbuch inhaltlich bearbeitet aktualisiert und gezielt erweitert Ergänzt wurden z.B. die Themen Qualitätsmanagement Pflegediagnosen

Praxisanleitung Angehörigenarbeit Hausgemeinschaften Wundmanagement und Umgang mit einem Tracheostoma Außerdem werden aktuelle Konzepte und erprobte Methoden wie die 10 Minuten Aktivierung bei der Betreuung von dementen Menschen das Snoezelen und der Einsatz von Humor in der Pflege vorgestellt Dieses Lehrbuch möchte gemäß dem Altenpflegegesetz die Kenntnisse Fähigkeiten und Fertigkeiten vermitteln die zur selbstständigen und eigenverantwortlichen Pflege einschließlich der Beratung Begleitung und Betreuung alter Menschen erforderlich sind Insofern steht der alte Mensch in seiner Einzigartigkeit und mit seinen Fähigkeiten Bedürfnissen Gefühlen und Problemen im Mittelpunkt dieses Werkes Mit seinem bewährten Gesamtkonzept bietet dieses Buch eine fundierte Grundlage für die Ausbildung und für die praktische Tätigkeit in der Altenpflege

Aktiv leben und genießen Klaus Edel, I. Aufderheide, G. Welsing, 2009-06-10 Die Diagnose Zuckerkrankheit stellt keinesfalls den Beginn einer ausweglosen Krankheit dar Es gibt Mittel und Wege dem Diabetes die Stirn zu bieten Deshalb stehen in diesem Ratgeber Tipps zur Ernährung und zu einem gezielten Bewegungsprogramm im Mittelpunkt Ein spezieller bungsteil leitet zu regelmäßigem selbstständigem ben an Der Band richtet sich in erster Linie an Menschen die an Typ 2 Diabetes erkrankt sind aber auch an ernährungs- und bewegungstherapeutisch interessiertes Fachpersonal

Medizinische Trainingstherapie Paul Haber, Josef Tomasits, 2006-06-10 Dieses Buch richtet sich an alle Berufsgruppen wie Mediziner Physiotherapeuten oder Trainer die im Bereich Rehabilitation und Gesundheitsprävention tätig sind und die Training als hochwirksames therapeutisches Mittel einsetzen wollen Der Schwerpunkt liegt dabei weniger auf den physiologischen Grundlagen und den allgemeinen Regeln des Trainings die im Leitfaden zur medizinischen Trainingsberatung ausführlich behandelt werden sondern in der konkreten Umsetzung des praktischen Trainings der motorischen Grundfähigkeiten Ausdauer und Kraft wie sie in der Rehabilitation und Prävention anfallen Das Training mit den jeweiligen bungsformen wird dabei bis ins kleinste Detail ausführlich erklärt und durch Fotos begleitend veranschaulicht Häufig auftauchende Fragen und Probleme aus der Praxis werden ausführlich erläutert Dieses Buch soll dem Leser helfen die Wirksamkeit und Sicherheit der medizinischen Trainingstherapie auch in der praktischen Umsetzung zu gewährleisten

International Bibliography of Book Reviews of Scholarly Literature Chiefly in the Fields of Arts and Humanities and the Social Sciences, 2004 Deutsche Nationalbibliographie und Bibliographie der im Ausland erschienenen deutschsprachigen Veröffentlichungen, 1996 **Verzeichnis lieferbarer Bücher**, 2002 **Deutsche Nationalbibliografie**, 2004 *Körperliche Bewegung - Dem Herzen Zuliebe* Katharina Meyer, 2010 **Internationale Bibliographie der Rezensionen wissenschaftlicher Literatur**, 2006 **News: Österreichs größtes Nachrichtenmagazin**, 2006 Westermanns illustrierte deutsche Monatshefte, 1884 Westermanns Jahrbuch der illustrierten deutschen Monatshefte, 1884 *Westermann's illustrierte deutsche Monatshefte*, 1884 **Westermann's Jahrbuch der illustrierten deutschen Monatshefte**, 1884 **Westermanns Monatshefte**, 1884

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