

**Health Reference Series**

*First Edition*

**The  
Healthy Heart  
SOURCEBOOK  
for Women**



*Basic Consumer Health Information about  
Cardiac Issues Specific to Women, Including  
Facts about Major Risk Factors and  
Prevention, Treatment and Control Strategies,  
and Important Dietary Issues; Along with a  
Special Section Regarding the Pros and Cons  
of Hormone Replacement Therapy and Its  
Impact on Heart Health, and Additional  
Help, Including Recipes, a Glossary, and a  
Directory of Resources*



*Edited by  
Dawn D. Matthews*

# Healthy Heart Sourcebook For Women Bas

**Alan M. Rees**



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