

## Unbinding The Heart

From the Heart Signaling in the Heart The Curious History of the Heart The 10 Best Questions for Recovering from a Heart Attack The heart of industrial England. Birmingham and surrounding districts Character of The Heart The Heart of Northern Wales Guide to Heart Healthy Diet It's Always the Heart Waverley Novels: The heart of Mid-Lothian The Heart, the Living Pump The Heart of a Goof The Heart The Source of All Things The Heart The Heart Speaks Heart Understanding the Heart The Heart of Hawthorne's Journals The Sunnyside Jeffrey L. Kosky Jos® Mar n-Garc a Vincent M. Figueiredo Dede Bonner England Brother Saul W. Bezzant Lowe Vincent Bronson Arthur E. Constantine, MD Walter Scott Goode P. Davis Pelham Grenville Wodehouse James Peto Reinhard Friedl N. Boyadjian Mimi Guarneri Stephen Hussey Nathaniel Hawthorne

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what does it mean to have a heart how does it feel when a heart fails and what does it take to recover in a world beset by never ending crises personal and collective local and global is heartlessness the only option from the heart weaves together a personal narrative of a life threatening ailment with considerations of philosophy art and science to contemplate ultimate questions matters of life and death jeffrey l kosky recounts his brush with death the surgical repair of a congenital defect in his aortic valve his gradual recovery of everyday life and his struggle to find the heart to go on throughout it all to make sense of the experience he immerses himself in humanistic inquiry and medical science the histories of medicine cardiac surgery and knowledge of the human heart as well as the works of artists writers philosophers and theologians writing about the experience of being human from the precarious position of his own woundedness kosky shares hard earned perspectives on what matters most combining moving memoir encounters with major authors and artists and heartfelt reflections on the big questions of existence this elegantly written book is at once erudite and powerful it shows us why the heart in physical emotional and metaphorical senses helps us come to terms with sickness and health dying and living

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

gold award winner 2024 nonfiction book awards runner up 2024 history category san francisco book festival runner up 2024 general non fiction new york book festival for much of recorded history people considered the heart to be the most important organ in the body in cultures around the world the heart not the brain was believed to be the location of intelligence memory emotion and the soul over time views on the purpose of the heart have transformed as people sought to understand the life forces it contains modern medicine and science dismissed what was once the king of the organs as a mere blood pump subservient to the brain yet the heart remains a potent symbol of love and health and an important part of our cultural iconography this book traces the evolution of our understanding of the heart from the dawn of civilization to the present vincent m figueredo an accomplished cardiologist and expert on the history of the human heart explores the role and significance of the heart in art culture religion philosophy and science across time and place he examines how the heart really works its many meanings in our emotional and daily lives and what cutting edge science is teaching us about this remarkable organ figueredo considers the science of heart disease recent advancements in heart therapies and what the future may hold he highlights the emerging field of neurocardiology which has found evidence of a heart brain connection in mental and physical health suggesting that ancient views hold more truth than moderns suspect ranging widely and deeply throughout human history this book sheds new light on why the heart remains so central to our sense of self

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

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

a cardiologist presents a collection of stories from actual patients whose heart problems provide a compelling illustration of his own unique brand of cardio theology

presents an illustrated introduction to the human heart and its function

nine short stories centred round a golf club and related by the oldest member who sits in a corner observing the highs and lows of younger members in matters of golf and love characters appear in more than one story

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

in the tradition of henry marsh's 'do no harm' reinhard friedl's 'the source of all things' is a heart surgeon's personal investigation of the human heart moving from his riveting clinical experiences to a more poetic understanding of its workings the heart is our most important organ yet despite that it has not changed since the appearance of homo sapiens 300 000 years ago it is also our most mysterious in most human cultures it is seen as the source of love sympathy joy courage strength and wisdom what if the heart could answer questions neurosciences can't begin to having witnessed the extraordinary complexity and unpredictability of human hearts in the operating theatre each one individual like a fingerprint heart surgeon reinhard friedl looked again at this primitive pump to reconcile it with his experiences from thousands of heart operations in this book he presents findings from various scientific disciplines such as secret connections of the heart and brain and their influence on emotions and consciousness he reveals the miracle that is the heart that we speak about so often yet is strangely foreign to many human beings full of compelling patient stories the source of all things ends with a plea that we recognize the heart's wisdom and adopt a more heart centered way of living leading to greater health and more joy

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 foreword indies book of the year award finalist for health the most mind blowing information on heart disease i consider this to be one of the best books i ve ever read on cardiovascular health ben greenfield new york times bestselling author heart disease is the number one killer in the world despite ever advancing medical procedures and more and more powerful pharmaceutical drugs the rate of heart disease continues to rise according to dr stephen hussey this is due in part to misunderstandings about how the heart really functions and how to keep it healthy these misunderstandings result in improper medical approaches and off target intervention therapies as a type 1 diabetic dr hussey has always known that he was at two to four times greater risk of developing heart disease as a result he has dedicated his entire adult life to understanding the heart to prevent himself from becoming a statistic and then his worst nightmare came true dr hussey suffered a stemi a blockage in the left anterior descending artery of his heart stemis are typically so fatal that they are known as widowmakers only 12 percent of those who experience them outside of a hospital setting survive dr hussey was among the lucky 12 percent but faced a difficult decision during his recovery follow the standard of care laid out for him by the attending cardiologist or politely decline and apply everything he d learned about the heart to a recovery protocol that would look massively different than what the doctors were recommending in understanding the heart dr hussey shares the information that guided him through the highest stakes decision of his life including a large body of research suggesting that the heart is not the main mover of blood in the body and what that means for your overall health the evolutionary origins of the nervous system and how these manifest today in rampant rates of heart disease deep analysis of the widely accepted idea that saturated fat and cholesterol will clog your arteries the importance of reducing oxidative stress for a heart healthy lifestyle in understanding the heart dr stephen hussey lays bare everything he has learned in his deep investigation into the heart and guides you on a path to prevent disease in the context of a highly diseased modern world in order to enjoy lifelong good health

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