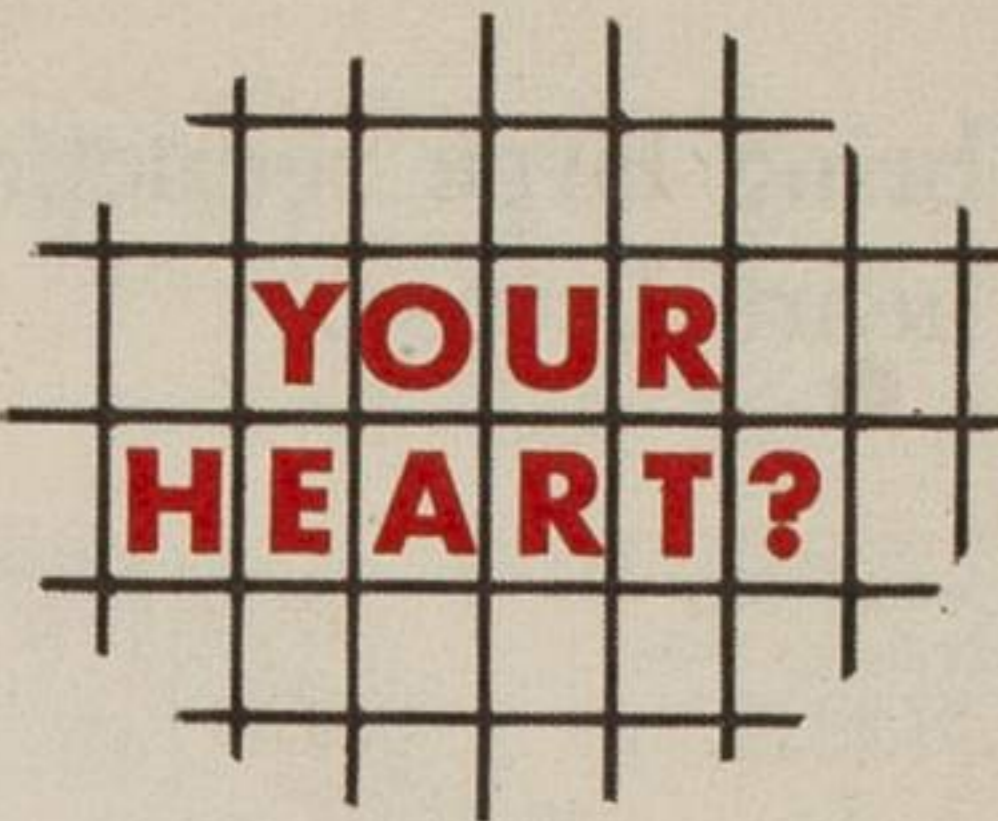


CONTENTS

How Much Do You Know About Your Heart?	1
How Your Heart Works	2
Rheumatic Fever	2
High Blood Pressure	5
Coronary Artery Disease	8
Heart Attack or Coronary Thrombosis	9
Cardiac Pain (Angina Pectoris)	10
Other Types of Heart Disease	10
Heart Disease Associated with Infection	10
Congenital Defects	11
Bacterial Endocarditis	11
Warning Signals	11
The Heart-Blood Vessel Examination	12
How's Your Blood Pressure?	13
How's Your Heart?	13
Living with Heart Trouble	15
Exercise	15
Eating	16
Smoking	16
General Health Care	16

How much do you know about



Most people go through their 20's and 30's not giving their hearts much thought. And this is as it should be. But when people reach their 40's and 50's sometimes their attitude changes to one of fear. They may worry about getting high blood pressure or worry about the high blood pressure they have. They may read in the paper of an old schoolmate's death from a heart attack and wonder if they'll be next.

Is this worry justified? Much of it is not, although it is true that there is an actual increase in the number of older people with heart disease. For it is also true that today we have far more knowledge of how to help people with heart disease live and work happily and productively.

And if you take a look at the reasons for the increase in heart disease, you will see that they are not discouraging. People are living longer now than formerly, because today few lives are cut short by the infectious diseases of childhood and youth. Then, too, because of modern knowledge and methods of diagnosing disturbances of the heart and circulatory system, many illnesses that would formerly have been attributed to other causes are now properly classified as resulting from heart disease.

Brilliant new surgical techniques for the correction of defects of the heart have been developed in recent years, and these achievements and the discovery of other new treatments that offer great potentialities for the care of circulatory ailments enable medical authorities to face the future with confidence. Scientists feel that even greater progress will be made in the future — progress which will