## 4 / Treatment of Heart Attack / 68

Medical Treatment
How Much Bed Rest is Advisable?
Outlook after a Heart Attack
Rehabilitation of the Patient
Surgical Treatment

## 5 / Heart Attack is Preventable / 92

Diet Control
Reduce High Blood Pressure
Control of Diabetes
Reduce Extra Weight
Reduce Mental Tension
Do More of Physical Exercise
Stop Smoking

## 6 / Some Related Conditions / 116

Angina Pectoris
Every Chest Pain is Not a Heart Attack
Brain Strokes