



DOWNLOAD



## First Aid for Your Heart - A Guide to First Aid and Preventions

By M Usman, John Davidson

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.First Aid ForYour Heart - A Guide To First Aid And Preventions Table of Contents Preface 1.Introduction 2.Understanding the problem 3.Heart arrhythmia 3.1 Causes of heart arrhythmia 3.2 Symptoms of Arrhythmias The symptoms of arrhythmia are not too clear and sometimes your doctor may suspect arrhythmia before it even begins through your routine medical checkups. However the symptoms arrhythmia does indicate are as follows. 3.3 First aid for arrhythmia 4.Angina 4.1 Symptoms 4.2 First aid 5.Bradycardia 5.1 Symptoms 5.2 Conventional treatment 6.Heart attack 6.1 Symptoms of a heart attack 6.2 What do you do in the scenario of a heart attack? 7.1 How to perform a CPR (cardiopulmonary resuscitation) 7.2 Post heart attack, precautions for life 7.3 Factors you need to start reducing immediately 8. Starting off healthy 9.Keeping a healthy heart 10. Conclusion 11.References Preface Your heart is the most important organ of your body. Its functionality gives us blood and oxygen, without which, no other organs can survive. Life knows no other means if your heart gives way. When we realize the vital importance of this...



READ ONLINE  
[ 4.22 MB ]

### Reviews

*This is basically the best publication i have got read through right up until now. Sure, it really is perform, still an amazing and interesting literature. Your life span will probably be convert once you full reading this article ebook.*

-- **Dr. Irma Welch**

*This book is definitely not effortless to start on reading through but extremely fun to learn. Better then never, though i am quite late in start reading this one. It is extremely difficult to leave it before concluding, once you begin to read the book.*

-- **Aliya Franecki**

## See Also



### **The Case for the Resurrection: A First-Century Investigative Reporter Probes History's Pivotal Event**

ZONDERVAN, United States, 2010. Paperback. Book Condition: New. 180 x 127 mm. Language: English . Brand New Book. The Case for the Resurrection, a ninety-six-page booklet from bestselling author Lee Strobel, provides new evidence that shines a fresh light on the Bible...



### **Weebies Family Halloween Night English Language: English Language British Full Colour**

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Children's Weebies Family Halloween Night Book 20 starts to teach Pre-School and Junior Children how to read with this...



### **Environments for Outdoor Play: A Practical Guide to Making Space for Children (New edition)**

SAGE Publications Ltd. Paperback. Book Condition: new. BRAND NEW, Environments for Outdoor Play: A Practical Guide to Making Space for Children (New edition), Theresa Casey, 'Theresa's book is full of lots of inspiring, practical, 'how to go about it ideas' coupled with...



### **13 Things Rich People Won't Tell You: 325+ Tried-And-True Secrets to Building Your Fortune No Matter What Your Salary (Hardback)**

Reader's Digest Association, United States, 2013. Hardback. Book Condition: New. 231 x 160 mm. Language: English . Brand New Book. Did you read about the janitor who donated million dollars to his local library? Do you ever watch in amazement...



### **Happy Baby Happy You 500 Ways to Nurture the Bond with Your Baby by Karyn Siegel Maier 2009 Paperback**

Book Condition: Brand New. Book Condition: Brand New.



### **Klara the Cow Who Knows How to Bow (Fun Rhyming Picture Book/Bedtime Story with Farm Animals about Friendships, Being Special and Loved. Ages 2-8) (Friendship Series Book 1)**

Createspace, United States, 2015. Paperback. Book Condition: New. Apoorva Dingar (illustrator). Large Print. 214 x 149 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Klara is a little different from the other cows, because she has a very special...