

How to Beat the Heart Disease Epidemic among South Asians: A Prevention and Management Guide for Asian Indians and Their Doctors

Dr. Enas A. Enas with Dr. Sudesh Kannan

If you are from the Indian subcontinent and can answer yes to any one of these questions ...

- ✓ Are you a man over 25 or woman over 35?
- ✓ Is your waist size more than 36" if you are a man, or 32" if you are a woman?
- ✓ Have you ever had coronary angioplasty or bypass surgery?
- ✓ Do you suffer from recurrent chest pain especially when you exert yourself?
- ✓ Do you have borderline or high cholesterol or triglycerides, or low HDL?
- ✓ Have you been diagnosed with borderline or high blood pressure?
- ✓ Do you have, or has anyone in your family had, diabetes?
- ✓ Do you have, or has anyone in your family had, a history of heart disease?

... you need to read this ground-breaking book. Why? Fact: Regardless of gender, class, or lifestyle, people from the Indian subcontinent have the highest rates of heart disease in the world—up to 300% higher than other populations. Most alarmingly, the traditional factors do not fully explain why! Even non-smoking Indian vegetarians under 40 who exercise regularly are often at very high risk. The authors explain why heart disease among Indians is so malignant, and how one can predict and manage this highly preventable, treatable and even reversible disease. This revelatory, scientifically researched book:

- ▶ Explains heart disease in clear simple language, using easy-to-understand terms and illustrations
- ▶ Goes well beyond the conventional factors and tests (LDL, HDL, smoking, obesity etc.) and pin-points newly-emerging risk factors—like lipoprotein(a)—that predict heart disease among Indians
- ▶ Discusses unique aspects of heart disease among Indian women, and what they can do about it
- ▶ Shows you how to leverage the best aspects of the Indian diet, and combine it with an active lifestyle and medications to prevent or treat heart disease
- ▶ Summarizes how conditions such as diabetes, metabolic syndrome, and glucose intolerance can team up with and accelerate heart disease, and how you can take action against these with new, safe medications

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\$30⁰⁰

Order your own copy today!

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A Prevention and Management Guide for Asian Indians and Their Doctors"

by Dr. Enas A. Enas and Dr. Sudesh Kannan, at the pre-publication price of **\$29.95** (List price: \$59.95)

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