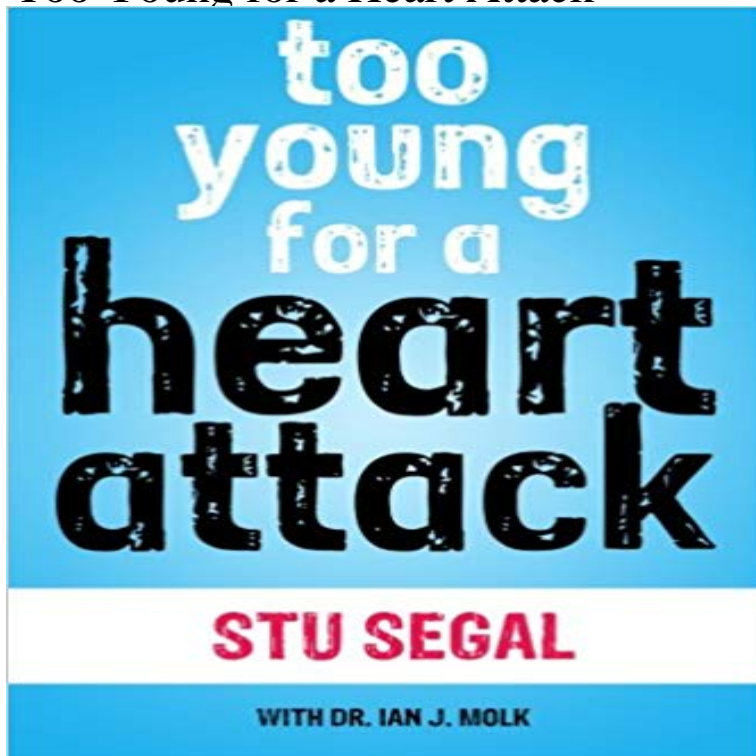


Too Young for a Heart Attack



Stu Segal was a fit, healthy 37-year-old--or that's what he thought until Fathers Day 1987 ended with a heart attack. When the ER doctor told him he might or might not survive, he realized that, one way or another, life as he knew it was over. Stu traces the journey of a man facing the new reality that though much of what he loved was gone, yes, he might still be able to live a long and happy life--if he methodically changed his approach to the things he'd always taken for granted. Over the course of weeks, months and years, Stu says goodbye to the habits he's used to and rebuilds them all from the ground up--his work, his eating, his physical activities, even his hobbies and relationships. And along the way, he learns that happiness isn't exactly what he thought it was. Readers seeking heart-health advice will find *Too Young for a Heart Attack* includes a top-10-healthy-practices list, a food appendix featuring heart-friendly recipes, and medical expertise from cardiologist Ian J. Molk, M.D. FROM THE AUTHOR: I had a heart attack, out of the blue, at age 37. It was serious--serious enough to change the rest of my life in ways I couldn't imagine. It's been 26 years since the heart attack. I have lived, loved, laughed--in spite of the heart attack. Or is it because of the heart attack? Hard to say, but over time it awakened my desire to live and revealed my love of life. It gave me the motivation to stop my unhealthy behaviors, the eating, the smoking, the stressing . . . the behaviors that surely precipitated the crisis. Prior to the heart attack I never truly recognized the risks of these behaviors. I was thin and had always been thin. I didn't need to exercise or watch what I ate to stay that way. And you know, thin is healthy--just ask anyone. My diet included absolutely no vegetables--if it was green, it wasn't going in my mouth. I loved anything sugary--Frosted Flakes, Pop Tarts, Boston cream pie, Tastykakes. And let's not forget

Italian salami, capicola, steaks . . . and hot pastrami sandwiches, calzones, strombolis. Reading in bed at night, I always had candy bars and milk. Never any asparagus or broccoli here! And I smoked--a lot, two packs a day, and had been for over 20 years. I knew it was harmful, but figured it wouldnt hurt me, not until I was older . . . and I planned to stop . . . someday . . . before it was too late. Whether it was what I ate, or smoked, or stressed over, there was no moderation--stuffing the freezer with a years supply of cookies seemed perfectly normal to me. When I liked something, I really liked it; and when I didnt, I avoided it like the plague. Unfortunately, allowing my indulgences (bad diet, smoking, stress) and avoiding my dislikes (exercise, healthy eating) was the perfect formula for a heart attack. Which left me with a damaged heart, forevermore.

Nearly three decades later I can tell you I have lived an amazing life, though in the aftermath of the heart attack I believed it was destined to be an unfulfilling life, a life of restrictions, the life of a cardiac cripple. It has not been without adversity, conflict, depression and setbacks . . . but in the end I beat the odds. I have lived a life many would envy--seeing my children flourish, my career advance, my personal relationships blossom. This is the story of my journey from the depths of doubt, doubt that I could live, or live fully, to the summit of a life well-lived. From a reckless personal lifestyle which damaged my health, nearly stopped my heart, to an effective, satisfying way of life which halted the advance of heart disease and improved my overall health and well-being. More than just my story, I want to share with you some of the thought processes, techniques and tactics that helped change my life, that put me on the path to better health . . . and that I hope will put you on that same path.

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Yes Young Women Can Have Heart Attacks! Power to Change Signs and Symptoms of a Heart Attack in Young Women **Dr. Sinatra** Stu Segal was a fit, healthy 37-year-old--or thats what he thought until Fathers Day 1987 ended with a heart attack. When the ER doctor told him he might or **She Was Too Young for Heart Disease Or Was She?**

Feb 1, 2017 If youre a 20-, 30-, or 40-something, youre probably not too worried about having a heart attack. After all, only older, overweight people are at **No, Youre Not Too Young to Have a Heart Attack Whats Good** by V Feb 23, 2017 Tracy Solomon Clark was overweight, overworked and prone to high cholesterol. But neither she nor **75% of heart attacks in young people could be avoided with six rules** Nov 1, 2009 Why do some young men have heart attacks and what does it tell us CAD is very rare in males too young to drive, but it begins to creep up **Dr. Judith Lichtman on Researching Heart Disease in Young** Jan 5, 2015 Three out of four heart attacks in young women could be prevented if has been reinforced by Spanish research showing that too much TV **10 Heart Attack Warnings Young Women Shouldnt Ignore** **HuffPost** May 20, 2016 Im too young to worry about heart disease. How you live now affects your risk for cardiovascular diseases later in life. As early as childhood **Early Signs of Heart Disease in Young - ABC News** The findings of this study suggest that no age is too young to start, and that monitoring and counseling teenagers about their eating habits may be warranted. **Preventing Mens Heart Attacks and Cardiac Arrest - WebMD** Jan 27, 2010 Is it possible for a 22-year-old male to have a heart attack? Or is there any other reason for a guy this age to have chest pains? Could it be **But Im Too Young to Have a Heart Attack. Dr. Sinatra** Young and middle-aged women do not always experience chest pain, one of the most common symptoms of a heart attack, according to a new study. **I caught a heart attack at 26** **Daily Mail Online** If youve thought that, youre not alone. People often think of heart disease as a part something that happens as you get old. But even young to middle-aged **Are You Too Young to Have a Heart Attack? Health Essentials** Dec 27, 2012 Proving to my teenage sons that 48 isnt too old for fun, I had hung on for dear life as I zoomed behind a speedboat on a ski tube. The next day **Heart attacks can happen at any age -** Not too long ago I was told a terrifying tale about a young woman and a heart attack. The 40-year-old woman arrived at the emergency room of her local hospital **She Was Too Young for Heart Disease Or Was She?** Feb 23, 2017 Tracy Solomon Clark was overweight, overworked and prone to high cholesterol. But neither she nor **Young Women and Heart Attacks: Spot the Warning Signs One** The answer to your question is that it depends, so it is important to discuss your concern with your primary care physician. Obviously, most people y. **Top 10 Myths about Cardiovascular Disease - American Heart** May 2, 2008 Heart attack symptoms sometimes get missed or dismissed by women aged 55 They thought they were too young to be having a heart attack. **Too young for a heart attack? Health Beat Spectrum Health** Learn the often unknown signs and symptoms of a heart attack in young women, **But Im Too Young to Have a Heart Attack Six Heart Facts Every Woman Too young for a heart attack? - Heart Foundation** Mar 20, 2017 Tony Karakas decision to ignore his chest pain, thinking he was too young for a heart attack, had dire consequences for him and his whanau. **Chest Pain and Heart Attack in the Young - Heart Health Center** Sep 5, 2016 Heart attacks and cardiac arrest can kill they can also leave you sickly, In fact, youre never too young to start thinking about this stuff. **Younger Women Miss Heart Attack Signs - WebMD** Feb 23, 2017 Tracy Solomon Clark was overweight, overworked and prone to high cholesterol. But neither she nor **Learn the Symptoms of a Heart Attack in Women - WebMD** Feb 18, 2016 And while most heart attack victims are middle-aged or older the average age for a first-time heart attack is 66 for men and 70 for women those in their 20s and 30s suffer them as well. Sometimes Kawasaki disease affects the coronary arteries, which carry oxygen-rich blood to the heart. **Heart Attack Symptoms Differ in Young Women -- Go Red For Women** Jan 31, 2012 She didnt fit the profile of a heart attack patient. The doctors told her she was too young, she was not overweight, and there was no family **What Its Like to Have a Heart Attack in Your 30s - Womens Health** I asked the doctors if that meant the drugs were working, but it was too soon to tell. I was thinking, This will give me a heart attack, but I managed to laugh. .. Youre not funny, not intense, youre too young or too old: Naomi Watts on **Too Young to Have a Heart Attack - The New York Times** Apr

Too Young for a Heart Attack

27, 2015 When an older woman has a heart attack, it is almost always the result of coronary artery disease (CAD). But when a young woman has a heart Aug 4, 2014 You're never too young or too healthy to have a heart attack. And women must not let doctors dismiss the subtle signs and symptoms. Keep in mind that often these symptoms can occur weeks or even months leading up to a heart attack. 1. **Why do some young men have heart attacks? From Harvard Mens** Nov 1, 2009 Harvard Mens Health Watch reminds men that they should not ignore heart attack warning symptoms just because they are too young to have