



The Haywire Heart: How Too Much Exercise Can Kill You, and What You Can Do to Protect Your Heart (Paperback)

By Christopher J Case, Dr John Mandrolis, Lennard Zinn

VELOPRESS, United States, 2018. Paperback. Condition: New. Reprint. Language: English . Brand New Book. Too much exercise can kill you. The Haywire Heart is the first book to examine heart conditions in athletes. Intended for anyone who competes in endurance sports like cycling, triathlon, running races of all distances, and cross-country skiing, The Haywire Heart presents the evidence that going too hard or too long can damage your heart forever. You ll find what to watch out for, what to do about it, and how to protect your heart so you can enjoy the sports you love for years to come. The Haywire Heart shares the developing research into a group of conditions known as athlete s heart, starting with a wide-ranging look at the warning signs, symptoms, and how to recognize your potential risk. Leading cardiac electrophysiologist and masters athlete Dr. John Mandrolis explores the prevention and treatment of heart conditions in athletes like arrhythmia, atrial fibrillation and flutter, tachycardia, hypertrophy, and coronary artery disease. He reviews new research about exercise intensity and duration, recovery, inflammation and calcification, and the ways athletes inflict lasting harm. These heart problems are appearing with alarming frequency among masters athletes who are pushing...



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