



Fem Heart: 30 seconds that just may save your life

Marianne Falasco

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The Number One cause of death among American women is heart disease. Not cancer, not accidents...heart disease. In *Fem Heart: 30 Seconds That Just Might Save Your Life*, Ms. Falasco, ARNP-C, PhD; expertise in women and heart disease, reveals that most risk factors associated with heart disease are preventable, and that teaching women about these risks will substantially reduce the mortality rate. The data derived from this cardiovascular disease risk program, revealed that those participants who were given information about risk factors?obesity, hypertension, diet, stress, diabetes, exercise, etc, greatly benefited. Step by step, Ms. Falasco, ARNP-C, PhD, takes you through a very convincing study that reveals information few possess, and teaches you a 30-second poem that could very well save your life.

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