



Change of Heart: Unraveling the Mysteries of Cardiovascular Disease.

Daniel Levy M.D., Susan Brink

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A Change of Heart is a detailed account of the revolutionary Framingham Heart study — which, over the years, has provided conclusive evidence that cardiovascular disease is largely the result of measurable and modifiable risk factors. First begun in 1948, not long after Franklin Delano Roosevelt succumbed to a massive stroke, the study of over 5,000 citizens of Framingham, Massachusetts, changed the course of medical history. The lessons learned in Framingham allow each of us to control our risk of heart disease and stroke, two of the leading causes of death in the United States. Here is a clear-eyed and intriguing assessment of the achievements of this study and of its continuing importance to our health today.

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