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Take Heart!
Dr. Terence Kavanagh
addresses such issues as:

- the use of hormone replacement therapy for the prevention of cardiovascular disease in menopausal women
- the new guidelines for the detection, categorization, and treatment of hypercholesterolemia and hypertension
- the association of abdominal obesity with Type II diabetes and cardiovascular disease (now called the "Metabolic Syndrome")
- the particular needs of an aging population in terms of an exercise regimen
- the appropriateness of low carbohydrate diets for weight control

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