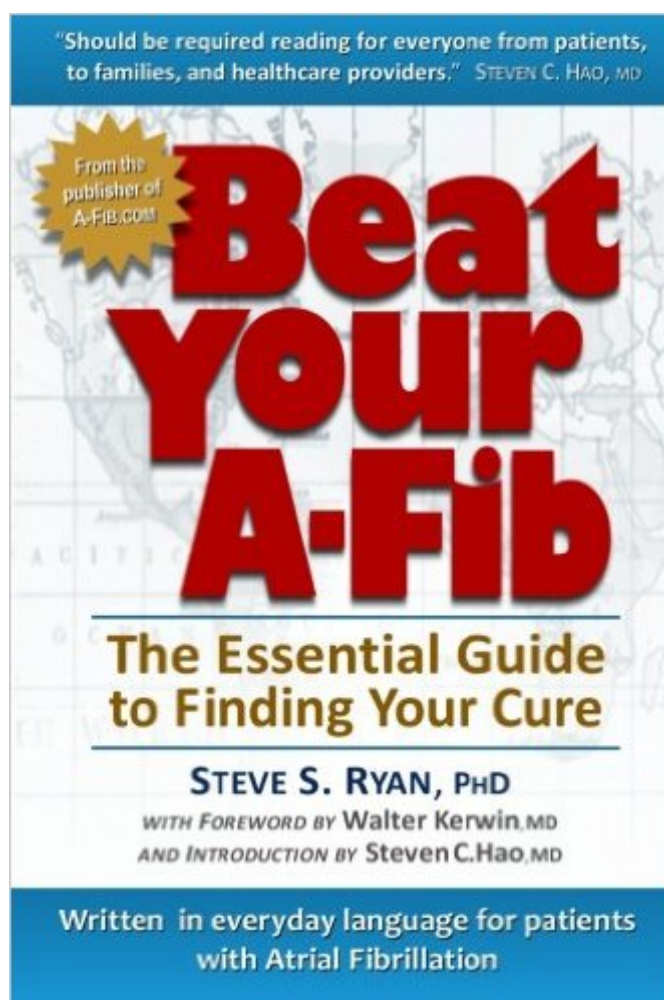


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# Beat Your A-Fib: The Essential Guide To Finding Your Cure: Written In Everyday Language For Patients With Atrial Fibrillation



## Synopsis

Beat Your A-Fib: The Essential Guide to Finding Your Cure by Steve S. Ryan, PhD Atrial Fibrillation (A-Fib) is the most common cardiac arrhythmia (abnormal heart rhythm) seen by physicians. Many patients suffering from Atrial Fibrillation have three strikes against them: 1. Their "quality of life" has deteriorated; they are scared or frightened. 2. Many experience side effects from the common drug therapies or simply do not want to live on medication; a cure for their A-Fib hasn't been discussed. 3. Patient information is often out-of-date, incomplete or biased toward a specific pharmaceutical or treatment; much information about new treatment options is written in the language of scientists and doctors. The author, Dr. Steve Ryan, PhD, a former A-Fib patient, addresses all these issues. His book is written for the newly diagnosed patient and any A-Fib patient who doesn't want to wade through medical texts and research journals to understand their disease. Beat Your A-Fib helps patients and their families look beyond the commonly prescribed drug therapies that only manage the disease, but do not cure it.Â Beat Your A-Fib: The Essential Guide to Finding Your Cure offers:

- \* Unbiased, up-to-date information and best practices
- \* Medical terms and concepts translated into everyday language
- \* Non-drug treatment options including Cardioversion, RF catheter ablation, Pulmonary Vein Isolation, CryoBalloon, Cox-Maze and Mini-Maze surgeries, and AV Node Ablation with Pacemaker
- \* Research-based content with a bibliography of over 150 medical references
- \* 'Lessons learned' from A-Fib patients now enjoying lives free of the burden of A-Fib
- \* Patient tools to become their own best healthcare advocate

This unique book helps patients research their best treatment options, steps through how to find the right doctor for their type of A-Fib and treatment goals, gives patients hope and empowers them to develop a plan for finding their A-Fib cure or best outcome. Dr. Walter Kerwin, MD, of Cedars-Sinai Medical Center Los Angeles, California, wrote the Foreword for the book. Dr. Steven C. Hao, MD, of California Pacific Medical Center, San Francisco, California, penned the Introduction. Dr. Steve Ryan, PhD, is a noted healthcare educator and advocate for patients with Atrial Fibrillation, and former A-Fib patient. He earned his Ph.D. in Educational Communications from the Ohio State University.

## Book Information

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## Customer Reviews

I purchased this book after several hospitalizations and my getting a diagnosis of lone A-Fib. My cardiologist was very little help to me with answering my questions and he gave me next to nothing concrete to pursue a better quality of life with A-Fib, and the scare of having heart surgery (ablation) sent me searching elsewhere (that's not an option for me). Yes, the book was easy to read and comprehend (though I am a retired RN) and there were many first-hand accounts from A-Fib sufferers, but it left me hanging dry in the way of any alternative direction, opposed to a possible nutritional deficiency and surgical procedures. Apart from the medication aspect which was covered in detail, I'm pretty sure that every one of the stories told chose surgery as their main option. You mean apart from Big Pharma, ablation and surgical procedures no one has conquered A-Fib? Where are their stories? I refused to believe that those surgical procedures were the only ways to correct or solve my problem. So, while reading "Beat Your A-Fib" I gained insight into the typical patterns of patients and their treatments and the variety of surgical "cures," I felt very let down . . . none of their scenarios were what I was looking or hoping for! In fact, after reading it I became terrified of the pattern that those horrid episodes would only grow closer and closer together, and for me, that pattern seemed to be the case-- 4 mos., 3 mos., 2 mos., etc. So, I sought a consult with a Naturopathic MD. Yes! There were some answers and new supplements that could make a difference and I'm thrilled that they seem to be working! It's been five months since the last episode and I've had no episodes since I've been on the regimen scoped out for me. I feel great!

When I was first diagnosed with A-Fib, I was like, "Come on Doc, give me a pill and I'll be on my way!" I had never heard of A-Fib, didn't have a clue as to what it was, and furthermore, was pretty ticked! After all, I was an endurance athlete. As an athlete, you spend an incredible number of hours training at insane heart rates knowing that not only will your conditioning and performance improve but, perhaps most importantly, that you'll strengthen your heart to the point where you will be well

served for the rest of your life. Scratch the ol' heart off the list of things you'll ever have to worry about down the road! Well...., not so fast! Resigned to the fact that my version of A-Fib wasn't going to go away simply because I willed it so, I quickly set about learning everything I could about this arrhythmia. It was probably on my very first Google search where Dr. Steve Ryan's web site, "Atrial Fibrillation, Resources for Patients" showed up. I can't begin to tell you what a relief that was. I could now learn volumes about A-Fib while reading about those who were dealing with it, all in one place. Dr. Ryan has now carried this one step further. In a very readable treatment, you are able to tap into his vast knowledge and experience in dealing with A-Fib. He has lived it and along the way become probably the single most knowledgeable A-Fib patient out there. Years spent looking for answers for his friends and visitors to his web site have made him an expert on all aspects of this annoying, and in many cases, life changing affliction. "Beat You're A-Fib" is a must read for those who are not only new to the A-Fib "Club", but for those who have been long time members.

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