



Beat Your A-Fib: The Essential Guide to Finding Your Cure

Steve S. Ryan

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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 Patient information is often out-of-date, incomplete or biased toward a specific pharmaceutical or treatment; much information about new treatment options is written in the language of scientists and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.

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
- Recommended Resources and Website Links
- 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.

Beat Your A-Fib: The Essential Guide to Finding Your Cure Details

Date : Published March 25th 2012 by A-Fib, Inc.

ISBN : 9780984951406

Author : Steve S. Ryan

Format : Paperback 252 pages

Genre : Health, Medicine, Nonfiction

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From Reader Review Beat Your A-Fib: The Essential Guide to Finding Your Cure for online ebook

Stargazer says

Should be in cardiac wards. Some people go from attacks to repeat prescriptions and a waiting list to see electrophysiologists and are left to their own devices with only the internet to help them understand their condition. This book as a first port of call would definitely help. Shame SVT was missing though.

James Klagge says

This gave me a lot of information in an interesting way. In addition to systematic accounts of conditions and options there is an extensive section of personal accounts. There is a clear preference expressed for ablations, which seems well-supported. Glad I read this.

Nedra says

This is a terrific, comprehensive book on the subject. A MUST read for anyone with this diagnosis.

Namejane-alexandra Krehbiel says

I spent this week carefully reading and digesting Beat Your A-Fib: The Essential Guide to Finding Your Cure by Steve S. Ryan, PhD. I read it as a Critical Care RN, a former college instructor and also as daughter, and mother of people with atrial fibrillation. This year, I endured several episodes of atrial fibrillation for the first time myself. This is a groundbreaking book which not only explains atrial fibrillation for those who are not in the medical field, but explains the psychological aspects, as well as recent research in reasonable digestible form for those who are. It is also the best reference anywhere detailing what to expect as a patient in cardiac ablation. This book should be required reading for any physician or nurse, as it will unquestionably guide them in their support and encouragement of those with this very common heart conduction issue. It is invaluable also to anyone weighing their own treatment options for atrial fibrillation.

Jane-Alexandra Krehbiel

Author: "Rational Preparedness: A Primer to Preparedness"

and

"What I Learned from Daniel"

Patti Ryan says

Our own book, written by a former A-Fib patient, Steve S. Ryan, PhD. It is based on over ten years

experience publishing the non-profit, patient education website, Atrial Fibrillation: Resources for Patients (www.A-Fib.com). Written in plain language for A-Fib patients and their families who want to go beyond common drug therapies which manage A-Fib but do not cure it.

Patti J. Ryan

Publisher

Atrial Fibrillation: Resources for Patients (A-Fib.com) and

Beat Your A-Fib: The Essential Guide to Finding Your Cure (www.beatyoura-fib.com)

Diane Chartrand says

This book was read entirely for research on this subject. I found it very detailed and easy to read and understand what happens with this condition.

E says

I found that '*Beat Your A-Fib*' is truly a marvelous guide to factual help in regaining a healthy life-style, joy and comfort, from the terrible discomforts of A-Fib. My 35 years of suffering under this debilitating disease (I'm in my nineties now) would have been shortened had this valuable book been available sooner. Anyone, with whatever level of A-Fib they may be faced with, can gain valuable insight and help from this treasure of information.

Emmett Finch

Retired Fire Fighter
