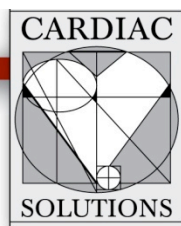


Phone: 623.876.8816



Fax: 623.876.8835

Joseph A. Caplan, MD, FACC  
Gabor S. Jilly, MD, FACC  
Vishal B. Patel, MD, FACC  
Manoj Rawal, MD, FACC

Christopher G. Mackey, DO, FACC  
Jesse S. Sethi, MD, FACC  
Pranav M. Patel, DO  
Patrick M. Quinn, DO

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**Contact:** Marli Wendel  
Cell: 623.262.7273 or  
623.876.8816 ext. 256  
[mwendel@cardiacsolutions.net](mailto:mwendel@cardiacsolutions.net)

### **A Unique Book on Heart Health from a Patient's Point of View Now Available on Amazon**

Peoria, Ariz. If you want to know about heart disease and recovery- ask a heart patient. Warren Selkow worked for two years to write the sort of handbook he wished he'd had when he had his first heart attack.

The result is *The Simplified Handbook for Living with Heart Disease*. Selkow is a cardiac patient of Dr. Joseph Caplan of Cardiac Solutions, and Director of Cardiology at Banner Boswell and Del E. Webb Medical Centers. Heart disease is the leading cause of death in the United States and this book takes a look at it from the perspective of the person suffering with the disease as well as from his caretaker's view. Selkow's personal story begins with the onset symptoms to surgeries, coping with the side effects, and the life changing effects of living with heart disease.

Selkow came to Cardiac Solutions two years ago as a new patient. He relates his experience of going through the processes of recovering from open heart surgery through his experience of the unique clinical approach to chronic disease management at the Wellness Clinics at Cardiac Solutions. After time and a plethora of questions to understand clinically what was happening to his heart and body and why certain treatments were given to him, Selkow wrote, "Confessions of a Foodaholic." This 15 page manuscript went through many versions, additions and editing, and eventually this book, *The Simplified Handbook for Living with Heart Disease* was published.

"Selkow has meticulously researched the book and wrote a definitive book on literally everything a heart disease patient needs to know," writes Dr. Caplan in his forward in the book. "He wrote about eight years of experiences with heart disease, starting with his very first heart attack. Selkow applied his considerable skill to analyze and detail what he did wrong to facilitate that first heart attack and what the impacts of the mistakes were. Mostly, he pointed out where the real accountability lies for the disease. He knew from experience that heart disease is not lived alone, and turned to his wife, his caregiver for help from her point of view as a caregiver. He also provided attribution in the form of footnotes and tells you where he received his information and separates opinion from fact."

After reading the first manuscript, Dr. Caplan asked Selkow if he could expand the material so he could use it in his office for the Heart Disease Clinic. He then asked Selkow why he wrote this all down and Selkow responded, "If I had only known all that stuff at the outset of my illness I would have avoided much aggravation and grief. ...I think this book could help others understand, prepare them, and make life a little easier." *The Simplified Handbook for Living with Heart Disease* will give the reader information on various medications, how to live with the disease for a lifetime and not just for the first year or two, and provides the perspective of a full-time caregiver.

This book is available on Amazon.com for \$19.99 and also through Warren and Donna Selkow's Web site, [www.simplehand.org](http://www.simplehand.org) and more information can be found on Cardiac Solutions website, [www.cardiacsolutions.net/News](http://www.cardiacsolutions.net/News). Any questions please contact Marli Wendel at 623. 262.7273 or [mwendel@cardiacsolutions.net](mailto:mwendel@cardiacsolutions.net) and she can schedule interviews with the author, Warren Selkow and Dr. Caplan from Cardiac Solutions.

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