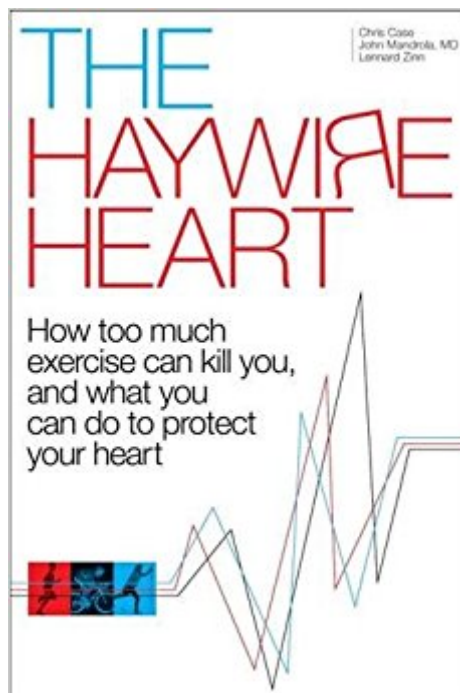




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# **The Haywire Heart: How Too Much Exercise Can Kill You, And What You Can Do To Protect Your Heart**



## Synopsis

Too much exercise can kill you. The Haywire Heart is the first book to examine heart conditions in athletes. Intended for anyone who competes in endurance sports like cycling, triathlon, running races of all distances, and cross-country skiing, The Haywire Heart presents the evidence that going too hard or too long can damage your heart forever. You'll find what to watch out for, what to do about it, and how to protect your heart so you can enjoy the sports you love for years to come. The Haywire Heart shares the developing research into a group of conditions known as "athlete's heart", starting with a wide-ranging look at the warning signs, symptoms, and how to recognize your potential risk. Leading cardiac electrophysiologist and masters athlete Dr. John Mandrola explores the prevention and treatment of heart conditions in athletes like arrhythmia, atrial fibrillation and flutter, tachycardia, hypertrophy, and coronary artery disease. He reviews new research about exercise intensity and duration, recovery, inflammation and calcification, and the ways athletes inflict lasting harm. These heart problems are appearing with alarming frequency among masters athletes who are pushing their bodies harder than ever in the hope that exercise will keep them healthy and strong into their senior years. The book is complete with gripping case studies of elite and age-group athletes from journalist Chris Case—like the scary condition that nearly killed cyclist and coauthor Lennard Zinn—and includes a frank discussion of exercise addiction and the mental habits that prevent athletes from seeking medical help when they need it. Dr. Mandrola explains why many doctors misdiagnose heart conditions in athletes and offers an invaluable guide on how to talk with your doctor about your condition and its proven treatments. He covers known heart irritants, training and rest modifications, effective medicines, and safe supplements that can reduce the likelihood of heart damage from exercise. Heart conditions affect hardcore athletes as well as those who take up sports seeking better health and weight loss. The Haywire Heart is a groundbreaking and critically important guide to heart care for athletes. By protecting your heart now and watching for the warning signs, you can avoid crippling heart conditions and continue to exercise and compete for years to come.

## Book Information

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## Customer Reviews

• A great resource to learn about warning signs, treatment options, and so on. • Runner's World magazine • A must-read for any dedicated athlete • it examines the symptoms to watch for, what to do about your risks, and how to protect your heart so you can (safely) enjoy sports for the rest of your life. • Triathlete magazine • In the long term, warn the American authors of a new book, extreme exercisers could be setting themselves up for serious consequences. • The Times • The Haywire Heart does give one reason to pause and consider • Anyone who does intense or long endurance training, especially over many years, should read this book. • RoadBikeRider.com • Zinn and fellow authors Chris Case and John Mandrola, a cardiac electrophysiologist and cyclist with atrial fibrillation, do a good job of looking at all the angles. • Canadian Cycling magazine

The Haywire Heart is the first book to examine heart problems in athletes.

I have run for 50 years and was diagnosed with 2nd degree heart block and intermittent atrial flutter several years ago. When the flutter kicks in it definitely interferes with exercise: running, hiking, biking -- any aerobic activity. This book was recommended by a neighbor -- a mountain climber and long-distance masters bicycle racer. It was a much appreciated recommendation and provided a good deal of context and background that helped me better understand the nature and potential fixes to my condition. I should say that the book focused on heart conditions and arrhythmias other than those of direct, personal interest to me. The segment on atrial flutter was relatively brief but quite informative; the book made almost no mention of heart block. The Haywire Heart was a useful and informative read. It seemed well researched, rational, and balanced. Its illustrations were also useful. While I might have quibbled a bit with its organization and coverage, I would definitely recommend it for anyone seeking knowledge and perspective on (aerobic) exercise and risks to

heart health.

Six weeks ago, I had a vasovagal attack donating plasma at the Red Cross and lost consciousness, so I was taken by ambulance to Casualty at the local hospital. An ECG showed minor changes consistent with an athlete's heart (I'm a retired marathon runner, who is still physically active in a gym). An echocardiogram was advised, which showed severe left atrial dilatation, which I accept is due to damage resulting from excessive training for marathons (it's well described in the book). So, I was referred to a cardiologist, who noted that I have a resting heart rate of 40 bpm (sinus bradycardia, not heart block), so he advised me to have an artificial pacemaker. This book was very useful in providing alternative advice. My resting heart occasionally drops to 34 bpm (anything above 30 bpm is acceptable as normal in athletes) with no symptoms and a completely normal unchanged blood pressure. Most of the book on arrhythmias doesn't appear to apply to me - I'm never aware of my heart beat or have shortness of breath exercising or at other times. And the chapter advising supplements to me just appears to be junk science. I'm still being investigated. The next step is to have a Holter monitor, which might provide some useful information. Or not. I think the vasovagal attack was due to jet lag (I'd flown from Munich to Perth 2 days earlier - a 17 hour flight with a 6 hour time zone change, so there was probably some tiredness involved). And the Red Cross had recently changed their procedure for plasma donations, not replacing the 900 ml of plasma donated with a litre of saline till the end, so there was probably some low blood volume involved too. I don't think I need to worry much. I'm retired from the heavy marathon training, so that's not a problem. I'm currently doing cardio workouts in a gym, which are comfortable, to maintain fitness. The book has provided me good reasons for declining a pacemaker.

I liked that he encouraged balance in endurance training-hard work then hard rest. Lots of medical terms in certain areas I read through, but presented only for information; it didn't detract from the points he was making. Good book for anyone pushing the endurance limits - read it before going too far in your sport.

I wish I had read this book 20 years ago . . . Good informative read.

Answers a lot of questions about extreme exercise and makes some good guesses where the safe limits are. Hint, if you are an amateur athlete and often wonder if you are hurting yourself, you need to read this. Your doc should read it, as he probably isn't used to dealing with anything but couch

potatoes and doesn't really know what to make of you.

this is a very good book on the subject of how over-exercise can harm your heart. Good background info with the right level of illustrations. case studies gave a personal touch to the info. You don't have to be athletes to appreciate this book. Anybody who lives a compromised life style (over-work, smoking-drinking, over-weight, etc), has a physical or congenital heart conditions also should read this book. Could be live saving to yourself or your love one.

After having the very same procedure and still very much a active cyclist the information is worth every penny. I won't stop cycling so the info will give me info on how to continue safety.

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