

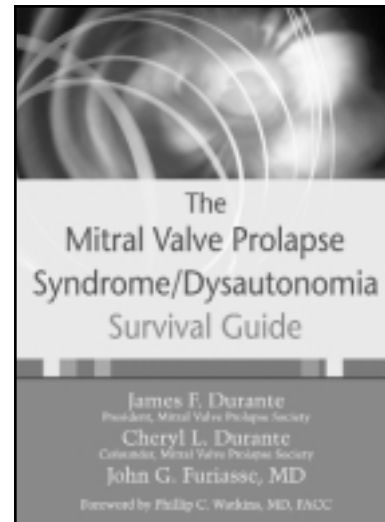
New Harbinger Publications
5674 Shattuck Avenue, Oakland, CA 94609

FOR A REVIEW COPY OR INTERVIEW REQUEST CONTACT:
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We are pleased to announce the publication of . . .

THE
Mitral Valve Prolapse
Syndrome/Dysautonomia
SURVIVAL GUIDE

James F. Durante,
President, Mitral Valve Prolapse Society
Cheryl L. Durante,
Cofounder, Mitral Valve Prolapse Society
John G. Furiasse, MD



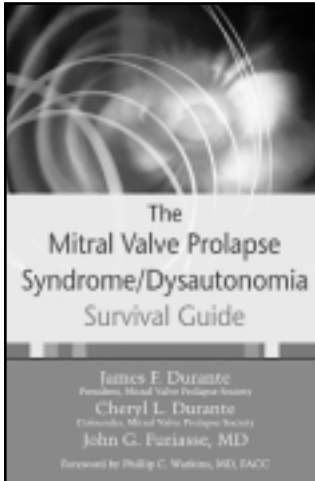
If your MVP is masquerading as a psychological problem this new guide will help you uncover the truth and teach you the skills you need to take control of this condition.

*Please consider this helpful new book for review,
for excerption, and for your booklist.*

THE MITRAL VALVE PROLAPSE SYNDROME/DYSAUTONOMIA SURVIVAL GUIDE
1-57224-303-1, (PAPER), \$14.95, 172 PAGES
AVAILABLE AT BOOKSTORES OR FROM THE PUBLISHER,
1-800-748-6273 WITH VISA OR MASTERCARD
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Hypoglycemia
Thyroid Disorder
Chronic Fatigue Syndrome
Bipolar Disorder
Exercise-Induced Asthma
Hyperventilation
Attention Deficit Disorder
All in you head

Above is a brief list of what MVPS/D is not.

The Mitral Valve Prolapse Syndrome/Dysautonomia Survival Guide teaches readers how to maintain a healthy and stable lifestyle while living with this condition.

Mitral valve prolapse is a genetic non-life threatening structural dysfunction of the mitral heart valve. A majority of people who have MVP have no symptoms, although some are aware of an occasional slight fluttering or click of the heart. However, forty percent of patients with MVP also experience MVP Syndrome (MVPS), often accompanied by dysautonomia. The syndrome is an imbalance of the autonomic nervous system, which controls virtually all body functions, such as respiration, heartbeat, blood pressure, vision, and digestion. When this system is out of balance it can trigger a host of disturbing symptoms, including panic attacks, anxiety, fatigue, migraines, irritable bowel, and more. The symptoms often can appear to be other illnesses, but when they are coupled with the presence of MVP, the diagnosis is mitral valve prolapse syndrome and/or dysautonomia (MVPS/D).

Often told that it is "all in their head," readers will finally understand that they're not "going crazy" or "losing their mind." *The Mitral Valve Prolapse Syndrome/Dysautonomia Survival Guide* teaches them how to cope with this syndrome, alleviate symptoms, and reassures them that what they're going through is real.

"The authors clearly did their homework. I suspect that this will become the new Bible for MVP and I send my hearty congratulations."

-Lyn Frederickson, RN, MSN, author,
Confronting Mitral Valve Prolapse Syndrome

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Suggested Interview Questions for

THE Mitral Valve Prolapse Syndrome/Dysautonomia SURVIVAL GUIDE

1. What is mitral valve prolapse and who typically gets it?
2. Mitral valve prolapse syndrome and dysautonomia are two often overlapping disorder that can stem from mitral valve prolapse. What are some of the common physical symptoms of each and how often do they coincide?
3. What are some common psychological symptoms associated with MVP/D?
4. There are a number of other conditions that mimic MVP/D. What are some of them and how does this complicate the diagnosis and treatment of MVP/D?
5. Does everyone who has mitral valve prolapse also have mitral valve prolapse syndrome and/or dysautonomia?
6. How can MVP/D impact a sufferer's self-esteem and self-confidence and what are some changes he or she can make to combat its influence?
7. You say that people typically visit multiple doctors and undergo a variety of tests before being correctly diagnoses with MVP/D. Why is it so hard to diagnose and what are a few things everyone who suspects they have MVP/D should know when they visit a doctor?
8. What are some tips for communicating with family members and friends about MVP/D and getting support from them?
9. Fatigue is a major problem for MVP/D sufferers. What do you recommend for minimizing it?
10. The last chapter in *The Mitral Valve Prolapse Syndrome/Dysautonomia Survival Guide* is entitled "Modifying Your Lifestyle." What changes do you recommend for sufferers of MVP/D?

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About the Authors of

THE Mitral Valve Prolapse Syndrome/Dysautonomia SURVIVAL GUIDE

James F. Durante is the president of The Mitral Valve Prolapse Society. He was diagnosed with MVPS in 1990. **Cheryl Durante**, a cofounder of The Mitral Valve Prolapse Society, was diagnosed with MVPS in 1988. They both live in Itasca, Illinois.

John Gerard Furiasse, MD, is a cardiologist and director of cardiac rehabilitation at Alexian Brothers Medical Center, Elk Grove, Illinois and is the president of Cardiovascular Associates also in Elk Grove, Illinois.

What people are saying about . . .

THE Mitral Valve Prolapse Syndrome/Dysautonomia SURVIVAL GUIDE

“Mitral Valve Prolapse Syndrome is a book full of practical, self-care strategies that work, as well as guidance for getting effective medical help. It’s the best book on the subject currently available, because it’s written by people who understand the illness from the inside and know every step on the road to recovery. If you have MVPS, this book will change your life.”

—**Matthew McKay, Ph.D.**, author of *The Relaxation & Stress Reduction Workbook*, *Self-Esteem*, and *Thoughts & Feelings*

“This book has successfully achieved the daunting task of providing a comprehensive review of the scope and impact of MVPS/D. The authors have given us a reference that will serve to clarify this complex.”

—**James R. Mason, MD**, Cardiovascular Associates Service Corporation, Illinois

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