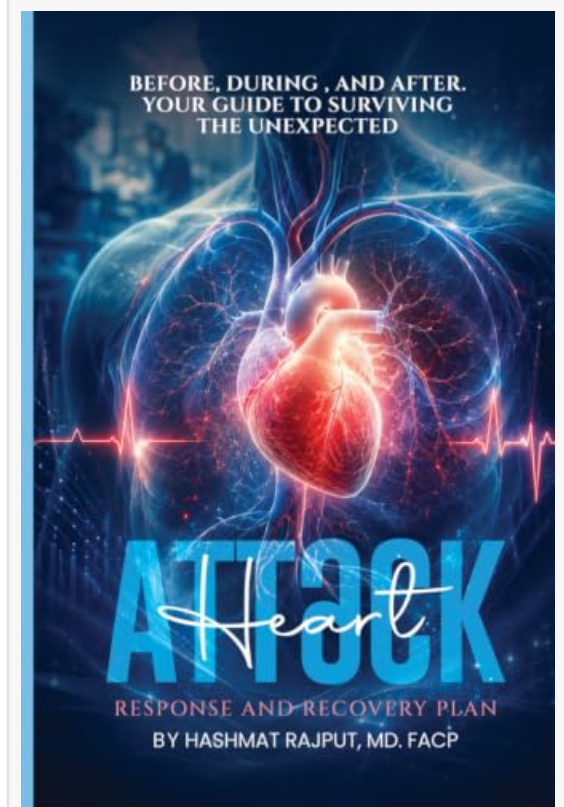


# 'Heart Attack' Offers a Clear Guide to Preparation, Emergency Response, and Recovery

*Dr. Hashmat Rajput gives patients and families practical heart health information in accessible language for decisions before, during & after a cardiac crisis.*

NEW YORK CITY, NY, UNITED STATES, August 22, 2026 /EINPresswire.com/ -- Dr. Hashmat Rajput addresses the need for understandable cardiac health information in Heart Attack: BEFORE, DURING, AND AFTER. YOUR GUIDE TO SURVIVING THE UNEXPECTED. RESPONSE AND RECOVERY PLAN., a practical health guide created to help patients and families better understand a potentially life-threatening event. Recognizing that medical information can be fragmented across specialties and difficult for the general public to interpret, Dr. Rajput brings prevention, emergency response, treatment considerations, and recovery into one resource written in accessible language. The goal is to help readers become better informed and prepared to participate in decisions concerning their heart health.

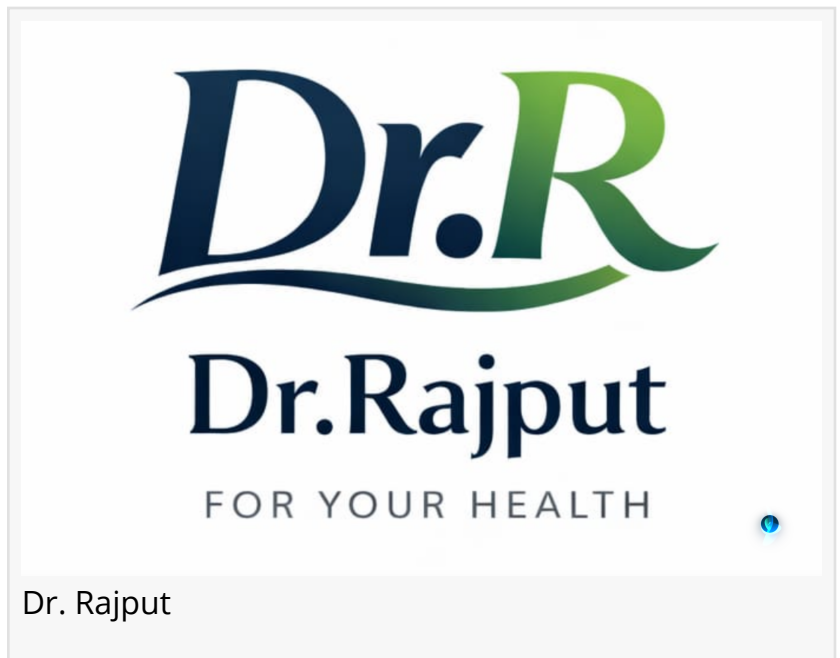


Heart Attack by Dr. Hashmat Rajput

Heart Attack: BEFORE, DURING, AND AFTER. YOUR GUIDE TO SURVIVING THE UNEXPECTED. RESPONSE AND RECOVERY PLAN. follows the cardiac journey across three critical stages. Readers are introduced to risk factors, warning signs, preventive measures, and lifestyle considerations before an emergency occurs. The book then addresses what happens when symptoms suggest a possible heart attack, emphasizing recognition and timely access to emergency medical care.

Dr. Rajput wrote the book in response to what he sees as a significant public knowledge gap surrounding heart attacks. Information may come separately from primary care physicians, cardiologists, surgeons, rehabilitation specialists, dietitians, and mental health professionals, leaving patients to connect complex pieces themselves. Heart Attack: BEFORE, DURING, AND AFTER. YOUR GUIDE TO SURVIVING THE UNEXPECTED. RESPONSE AND RECOVERY PLAN. seeks to organize that information into a more approachable framework.

Designed for patients, families, and members of the general public seeking greater preparedness, the guide includes an emergency action plan, frequently asked questions, rehabilitation logs, and dietary planning material. Dr. Rajput emphasizes the importance of understanding heart attack risks in the context of lifestyle factors such as diet and physical activity while encouraging readers to make informed health decisions. The book's central premise is that clear information can help people recognize risks earlier, respond appropriately to emergencies, and approach recovery with greater confidence while working with qualified medical professionals.



Dr. Rajput brings 40 years of medical experience practicing internal medicine to this guide. He has written medical books and has taught medical students and residents, drawing on decades of clinical practice and education to present complex information in a clear, practical way.

Written for real people by a real doctor, Heart Attack: BEFORE, DURING, AND AFTER. YOUR GUIDE TO SURVIVING THE UNEXPECTED. RESPONSE AND RECOVERY PLAN. is authored by Dr. Rajput himself and not by a ghostwriter. By organizing the subject around what readers may face before, during, and after a cardiac event, Dr. Rajput seeks to replace confusion with practical understanding and encourage a more active role in protecting heart health.

You can contact the author at their website here:

<https://www.doctorrajput.com>

The book is available at:

<https://a.co/d/03ZBZQRI>

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