



**INSTITUT DE
CARDIOLOGIE
DE MONTRÉAL**

AFFILIÉ À
Université 
de Montréal

**PRESS RELEASE
For immediate distribution**

**Dr. Serge Doucet of the Montreal Heart Institute authors a book titled
*Vivre avec un proche cardiaque***

Montreal, November 25, 2009 – Dr. Serge Doucet, cardiologist at the Montreal Heart Institute, associate professor in the faculty of medicine at the Université de Montréal, and holder of the Groseillers-Bérard Chair in interventional cardiology, has written a book entitled *Vivre avec un proche cardiaque*. Published by Éditions Bayard, this book looks at all aspects of living with heart disease for the person suffering from it and his or her family.

Vivre avec un proche cardiaque touches upon the heart and how it functions, the risk factors, the premonitory signs of heart attack or infarct, cardiac arrhythmias, the causes of cardiac valve disease, rehabilitation and the resumption of activities, as well as other services to be used. Finally, the book offers ways to prevent this disease. Many health professionals at the Montreal Heart Institute, among them a nurse practitioner, a nutritionist, a psychiatrist, a social worker and a pharmacist, have contributed to this book.

This book entitled “*Vivre avec un proche cardiaque* is meant for those who know, are close to, or live with a person suffering from heart disease, its purpose being to help them deal with the disease and provide assistance and support. It may also benefit those who have not experienced the disease but who nonetheless fear it. The book was written in the hope that it would be truly useful to some and energizing to others. If it makes life easier for patients and their families, it will have achieved its purpose,” said Dr. Serge Doucet.

Dr. Serge Doucet has generously released his copyright to the Montreal Heart Institute Foundation, whose mission is to raise and administer funds in order to support care, research, teaching and technological development at the Montreal Heart Institute.

Vivre avec un proche cardiaque is now on sale in the Montreal Heart Institute’s Gift Shop and in bookstores.

About the Montreal Heart Institute

Founded in 1954 by Dr. Paul David, the Montreal Heart Institute constantly aims for the highest standards of excellence in the cardiovascular field through its leadership in prevention, ultra-specialized care, training of professionals, clinical and fundamental research, and assessment of new technologies. It is affiliated with the Université de Montréal and its clinical outcomes are among the best in the world. To learn more about the Institute, please visit our website at www.icm-mhi.org.



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About the Université de Montréal

Rooted in Montreal and international in its vocation, the Université de Montréal is one of the largest French-speaking universities in the world. Founded in 1878, the Université de Montréal includes 13 faculties and two professional schools. With its affiliated schools, HEC Montréal and École Polytechnique, the Université de Montréal is the leading centre for higher learning and research in Québec and one of the most important in North America. The Université de Montréal brings together some 2,500 teachers and researchers and is home to over 60, 000 students.

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