



# Medical Myths That Can Kill You: And the 101 Truths That Will Save, Extend, and Improve Your Life

*Nancy L. Snyderman M.D.*

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**Do you know what's really good for you?**

In this age of countless miracle cures, it's vital to separate the myths that endanger your health from the medical facts you need.

FACT:

Unfiltered coffee can clog your arteries.

FACT:

Donating blood may lower your risk of heart disease.

FACT:

You don't really need eight glasses of water a day.

FACT:

Coughing won't help if you're having a heart attack. (But aspirin will!)

We've become a nation of cyberchondriacs, diagnosing ourselves with false information and half-truths found on sketchy websites. In *Medical Myths That Can Kill You*, Dr. Nancy Snyderman, chief medical editor for NBC News, provides clear, practical, scientifically proven advice that can lead you to a healthier, happier life.

Discover the simple, everyday things that affect well-being, and get the information you need to revitalize your body, maintain your longevity, manage your care, and possibly even save a life—yours.

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