

ABSTRACT

Based on the result of the Sample from Survey Registration System (SRS) from Minister of Health (Kemenkes) informed from www.depkes.go.id in 2017, state that heart disease is one of the leading cause of death in Indonesia in all ages after Stroke, with 12.9%. Kemenkes said to the citizens to do health check regularly. In parallel, they being told to have a healty life such as; avoid smoking and smokers, do physical activity on regular basis, do health and balance diet, do an aduqate rest and stress management to minimize the risk of getting a heart disease. The data is being collected from the sample that represent all indonesians, that consist of 41.590 deaths along 2014. This research used the data collection with study case method, observation, interview and questionnaire to collect the data about how to taking care the health of the heart early on. This book is expected to educate all Indonesia to be able to taking care their heart health early on and realized that heart is valuable asset in their body and can help to reduce the death rate.

Keyword: Heart, Book, Health.