

About Tim Russert

Category : Cardiovascular Care

Published by [Chapster](#) on 2008/6/24

The death of Tim Russert was a stunning loss. He was wise, able to navigate difficult political terrain with adroitness, and he understood much about life. So, his death was a surprising and sad invasion of a day at work.

Apparently, in April he had a physical and appeared to be managing his cardiovascular issues pretty well. Which highlights the nefarious nature of heart disease - you may never see it coming. If you, like me, wonder what lessons you can take from his loss, [Medscape](#) interviewed three physicians to get insight about what might have lead to his death and what preventative steps might be taken to avoid such tragedy. Without further ado, here's the link: [Tim Russert's Death: Questions, Answers](#). It's well worth reading - and perhaps setting in front of a love one.

By the way, [Big Russ and Me: Father and Son: Lessons in Life](#), the story of Tim's relationship to his dad, was an excellent book and well worth reading whatever your political persuasion.