



Fast Facts: Hypertension (Paperback)

By Graham A MacGregor, Michael Stowasser

Health Press Limited, United Kingdom, 2016. Paperback. Condition: New. 5th edition. Language: English . Brand New Book. Hypertension is a highly treatable risk factor for cardiovascular disease, yet it remains underdiagnosed, undertreated and, in many cases, poorly controlled. Sometimes dubbed the silent killer , hypertension rarely produces symptoms until it manifests as a heart attack or stroke. Early identification of the condition by routine blood pressure measurement and appropriate ongoing management are therefore vital. In this updated fifth edition of Fast Facts: Hypertension, two authors of international renown provide a practical evidence-based approach to the diagnosis and management of the condition. The book provides a thorough overview of hypertension, covering: - Accurate measurement of blood pressure and problems such as white-coat hypertension - Routine assessments for people with high blood pressure - Consideration of other modifiable risk factors - smoking, high cholesterol levels, etc. - Non-pharmacological measures that doctors can advise on - reduce salt, lose weight, increase physical activity, etc. - Up-to-date trial results on all the pharmacological options - Special considerations for the treatment of children, pregnant women, the elderly and patients with diabetes. Primary care physicians have a leading role to play in screening for hypertension and...



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