

J. R. Viskoper (Ed.)

Manual of Nonpharmacological Control of Hypertension



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Manual Of Nonpharmacological Control Of Hypertension

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Manual Of Nonpharmacological Control Of Hypertension:

Manual of Nonpharmacological Control of Hypertension J.R. Viskoper, 2012-12-06 The prevention and correction of high blood pressure obviously is not an end in itself but a means of preventing cardiovascular complications. It is tempting to resort to antihypertensive drugs for the simple reason that current preparations are easy to dose and to take. There is a variety of reasons, however, to take advantage of the antihypertensive potential of nonpharmacological approaches. First, for one thing, the use of tablets tends to accentuate the negative effects of labelling a subject as hypertensive. The act of taking tablets per se may elicit a spectrum of subjective adverse effects as we have learned from placebo-controlled therapeutic trials. Even more importantly, the benefits of antihypertensive drug treatment are largely confined to the reduction of stroke and disease of the large vessels. With regard to incidence of cardiac events, some modest beneficial effects have been registered, such as a decrease in congestive heart failure and in the fatality rate of myocardial infarction. The effects on the incidence of coronary heart disease are only marginal at best. This disappointing finding has been ascribed to various factors: unwanted metabolic effects of antihypertensive drugs, inadvertent drops in diastolic pressure interfering with coronary perfusion, and last but not least, failure to eliminate risk factors other than high blood pressure, smoking, alcohol abuse, lipid and glucose disturbances, obesity, and the hemodynamic disadvantages of a sedentary life. Most of these additional noxious factors are refractory to drug treatment and call for modification of life style. Manual of Hypertension BA Muruganathan, 2020-11-30 Hypertension is another name for high blood pressure. It can lead to severe complications and increases the risk of heart disease, stroke, and death. Blood pressure is the force exerted by the blood against the walls of the blood vessels. The new edition of this manual provides cardiologists with the latest advances in the diagnosis and management of hypertension. Divided into 14 sections, the book begins with an overview of the history and epidemiology of the condition, risk factors, pathophysiological aspects, and molecular basis. The next chapters discuss the accuracy of blood pressure measurements, target organ damage, and secondary hypertension. The book concludes with chapters on therapeutic aspects, genetics, and the latest treatment guidelines and meta-analysis. The second edition has been fully revised and includes new topics in line with recent advances in the field. Clinical images and figures further enhance the comprehensive text. Key points: Comprehensive guide to diagnosis and management of hypertension. Fully revised second edition featuring new topics in line with recent advances and guidelines. Highly illustrated with clinical images and figures. Previous edition 9789352500307 published in 2016. *Manual of Hypertension of the European Society of Hypertension, Third Edition* Giuseppe Mancia, Guido Grassi, Konstantinos Tsioufis, Anna Dominiczak, Enrico Agabiti Rosei, 2019-06-06 The Manual of Hypertension of the European Society of Hypertension reflects emerging concepts that have the potential to impact diagnostic and therapeutic approaches to hypertension. Updating all material, this new edition also delves into a number of areas that have received heightened interest in recent years or have become a matter of debate due to the controversial

interpretation of the available data FEATURES Reflects emerging concepts impacting diagnostic and therapeutic approaches Explores background history epidemiology and risk factors Describes pharmacological nonpharmacological and medical treatments Examines hypertension in special populations and treatment **Manual of Men's Health** Susanne A. Quallich, Michelle Lajiness, Michelle Jean Lajiness, Kenneth Mitchell, 2018-10-11 The only practical resource to focus solely on health issues specific to men Written by and for APRNs and PAs in the primary care setting this is the first clinical reference to focus solely on managing health concerns that are specific to men Filling a significant gap in knowledge about this patient group the user friendly reference delivers evidence based guidelines for the day to day management of male patients Designed for ease of use and quick access to information the resource is divided into three sections general men s health overview of special issues in men s health and urology and preventive cardiology In addition to addressing the full gamut of urological and cardiac issues the book discusses the basics of male physical assessment including sports assessment male adolescent risk issues musculoskeletal manifestations of stress in men and health screening issues Also covered are the aging male and physical activity the health needs of male veterans complementary and alternative health methods chronic pain high risk MSM sexual health issues and starting a men s health clinic Key Features The only practical men s health resource written specifically for APRNs and PAs by APRNs and PAs Organized to facilitate quick access to information Delivers evidence based guidelines for men s healthcare Written and edited by noted APRN and PA men s health practitioners and faculty Addresses health issues in urology cardiology treatment for men and other health issues specific to men **National Library of Medicine Current Catalog** National Library of Medicine (U.S.), 1990 **Manual of Hypertension of The European Society of Hypertension** Giuseppe Mancia, Guido Grassi, Sverre Kjeldsen, 2008-09-11 The European Society of Hypertension Guidelines are imparted throughout the text in order for the reader to achieve better practice The data provided is all evidence based and clearly referenced Professor Guiseppe Mancia is a leading light on the management and treatment of hypertension and is particularly expert on the angiotensin II recept **Current Catalog** National Library of Medicine (U.S.), First multi year cumulation covers six years 1965 70 **IOC Manual of Sports Cardiology** Mathew G. Wilson, Jonathan A. Drezner, Sanjay Sharma, 2016-10-13 For the practicing sports medicine physician at the front line of sports cardiology this comprehensive and authoritative resource provides a centralized source of information which addresses this important topic in an accessible manner This book recognises the broad role sports physicians play from liaison between athlete family specialist and coaching staff based on the identification of pathological heart disease to being first to respond when an athlete collapses The chapters include basic science of disease and disorders pathophysiology diagnosis the effect or role of exercise and clinical management guidance Provides a comprehensive and authoritative overview on all aspects of sports cardiology Addresses cardiac abnormalities confronting Olympic athletes Paralympic athletes as well as athletes competing on all other levels of competition Endorsed by the Medical Commission of the

International Olympic Committee IOC Written and edited by global thought leaders in sports medicine *Current Bibliographies in Medicine* ,1988 Mayo Clinic Diet Manual Jennifer K. Nelson, Mayo Clinic, 1994 This guide to nutritional assessment and intervention in wellness and in a wide variety of diseases and disorders from infancy through adulthood documents current research behind the nutrition practices presented and assists health care practitioners in providing appropriate individualized care

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