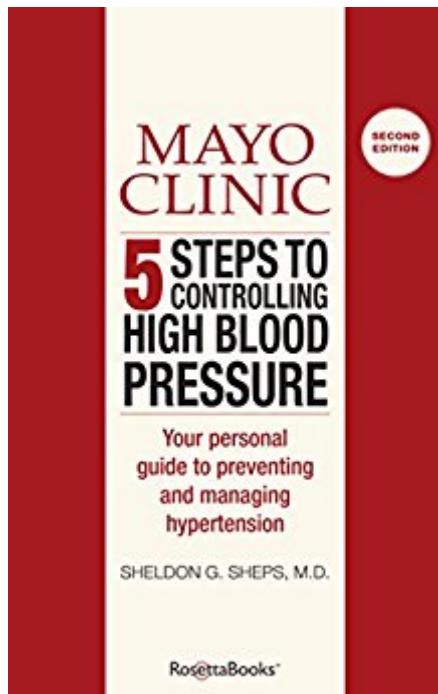


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High Blood Pressure



Synopsis

You play a vital role in managing your blood pressure and your overall health. The sooner you take advantage of simple steps to improve your lifestyle, the greater your chances of enjoying a long, productive life. This easy-to-use guide will help you understand the many issues related to high blood pressure and assist you in making essential treatment decisions...-Learn which single factor you can do the most about when it comes to influencing your blood pressure. This one step may be all it takes to lower your blood pressure and keep it under control.-You know that maintaining a healthy weight is important. And we know it's not easy. But losing as little as 10 pounds may reduce your blood pressure to a healthier level. This book offers practical help for meeting the challenge of achieving and maintaining a healthier weight.-There's a great alternative to blood pressure medications. This step may lower your blood pressure just about as much â " without the expense of prescriptions.-Did you know that your blood pressure goes down if you make your heart stronger? A strong heart exerts less force on arteries. You'll find dozens of tips to realize this goal.-Of all the issues related to high blood pressure, none is more debated than salt. But moderating salt consumption can benefit everyone, regardless of age, race, sex or health status. In this book, you'll learn how to manage your sodium intake and live a healthier life.-When changes in lifestyle aren't enough, today's medications offer effective blood pressure control while reducing your risk of other health concerns. Learn which medication, or combination of medications, may be best suited to your individual health needs and medical history.Order your copy today and take control!

Book Information

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Customer Reviews

a good read if you have concerns about your blood pressure and what it means.

a good book if you have hypertension. It makes this illness a lot easier to understand and helps in ways to help you learn to keep it under control. I would highly recommend getting this book if you have the opportunity to do so.

Easy to understand and helped me to understand more about high blood pressure.

Easy to read, easy to understand. I recommend to anyone who does not want to navigate "Doctor Speak" - but wants to understand Hypertension.

Good book, helpful hints, great price!

This book met all my needs. I had many questions and this book answered all of them. I use it all the time.

It's good to have concise information at your fingertips and in one book you know you can count on. The Mayo Clinic is very well respected and I feel the information can be counted on.

This book is a nice summary of the subject covering the technical background of high blood pressure as well as treatments-including diet and exercise and drug therapy. Although most of us have primary hypertension-caused by hereditary factors, some have secondary hypertension, ie as a symptom of underlying conditions. The book does name the two most common ones: renal artery stenosis (RAS), about 1/100 odds and pheochromocytoma, about 1/1000 odds. Those taking more than three meds to control high blood pressure should be evaluated for these conditions (though some say the odds are so low, the tests are not worth the cost). Most useful is the obesity table and

the relationship that to lose wt, your daily calorie intake should be no more than 10 times your weight in pounds or 22 times your weight in kilograms. The book includes a well written overview of drug classes and how they are commonly used, which combinations are preferred. Nearly every commercial medication offered has clinical data showing that it saves lives under some circumstances. Those studies tend to encourage combinations of drugs-even more than does avoidance of unacceptable side effects. The drugs list seems current and up to date. But one should not rely on their brief summaries of side effects. Read your package inserts and research them on line to learn what side effects are potentially a problem with the drugs prescribed for you. The book includes a few recipes and menus, but we seem to get into the same classical paradox. So much is written about healthy diet that its tough to weave a menu that truly sticks to the straight and narrow. We have the usual rabbit food-salads and veggies, served without salt or fat containing sauces blended with minor amounts of fish and chicken. They clearly do not believe in the low carb diet. And heavy fish eaters might want to worry about mercury. Serious healthy eaters will want a more complete heart healthy cookbook, of which there are several. This book is a nice introduction to the subject. It should help most patients who want to communicate better with their doctors and especially understand what it is they are trying to tell you. Index. List of resources and their web addresses.

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