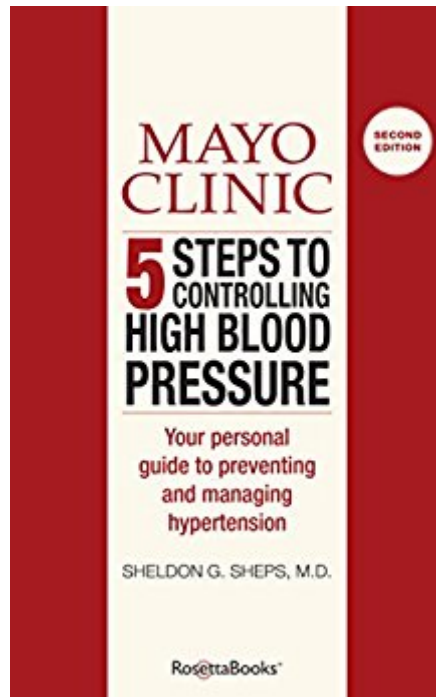


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High Blood Pressure



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 as 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

File Size: 7374 KB

Print Length: 177 pages

Publisher: RosettaBooks (December 4, 2015)

Publication Date: December 4, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B0193TEGZS

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #316,759 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #39 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > High Blood Pressure #103 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease #260 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease

Customer Reviews

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.

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