



Managing Hypertension: Tools to Improve Health and Prevent Complications (McFarland Health Topics)

Sandra A. Moulton

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Hypertension, or high blood pressure, is a common chronic disease affecting people of different ages, cultural backgrounds and socio-economic statuses worldwide. Research links hypertension to increased risk of heart disease, kidney disease and cardiovascular disease--the leading cause of death worldwide. This book provides an up-to-date illustrated overview of research findings concerning hypertension, covering risk factors, increase in prevalence, cultures affected and challenges to treating and managing the disease in specific populations. Pharmacological and non-pharmacological methods for effectively managing hypertension are discussed.

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