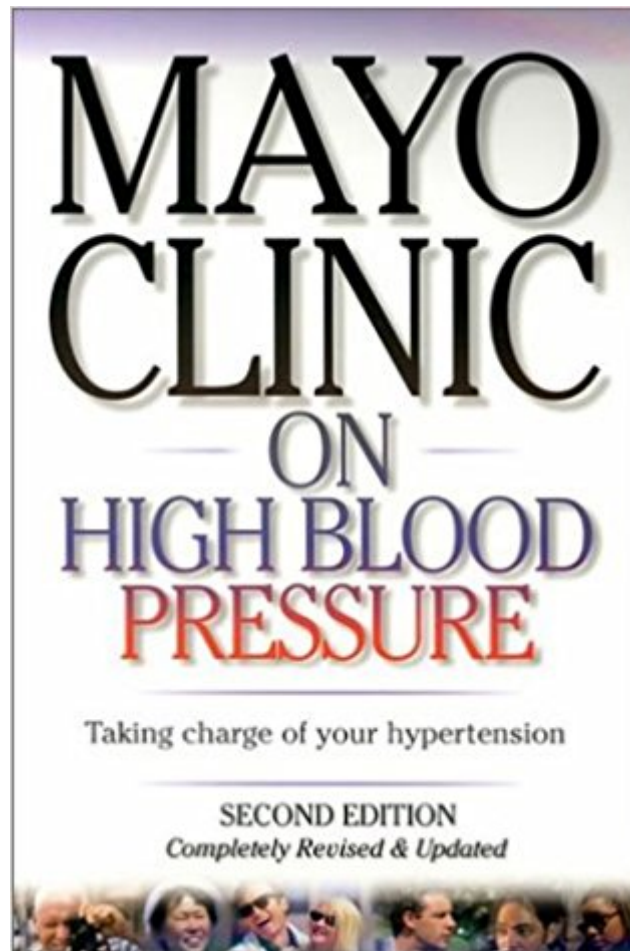




The book was found

Mayo Clinic On High Blood Pressure: Taking Charge Of Your Hypertension



Synopsis

(Mayo Clinic) Mayo Clinic, Rochester, MN. Consumer text provides practical and easy-to-understand information on preventing and managing high blood pressure. Includes tips on controlling sodium, special risks, latest on medications, stress, DASH diet and recipes, high blood pressure emergencies, and treatment options. Previous edition: c1999. Softcover.

Book Information

Paperback: 214 pages

Publisher: Mayo Clinic; 2nd edition (January 1, 2003)

Language: English

ISBN-10: 1893005267

ISBN-13: 978-1893005266

Product Dimensions: 6 x 0.6 x 8.9 inches

Shipping Weight: 8.8 ounces

Average Customer Review: 4.6 out of 5 stars 10 customer reviews

Best Sellers Rank: #1,021,160 in Books (See Top 100 in Books) #56 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > High Blood Pressure](#) #477 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease](#) #15923 in [Books > Health, Fitness & Dieting > Alternative Medicine](#)

Customer Reviews

a good read if you have concerns about you 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.

[Download to continue reading...](#)

Blood Pressure: High Blood Pressure, Its Causes, Symptoms & Treatments for a long, healthy life.: Plus 9 Free Books Inside. (Blood Pressure, High Blood ... Hypertension, Blood Pressure Solutions.)

Mayo Clinic on High Blood Pressure: Taking charge of your hypertension Mayo Clinic On Prostate Health: Answers from the World-Renowned Mayo Clinic on Prostate Inflammation, Enlargement, Cancer (Mayo Clinic on Health) Blood Pressure Solution: 30 Proven Natural Superfoods To Control & Lower Your High Blood Pressure (Blood Pressure Diet, Hypertension, Superfoods To Naturally Lower Blood Pressure Book 1) High Blood Pressure Cure: How To Lower Blood Pressure Naturally in 30 Days (Alternative Medicine, Natural Cures, Natural Remedies, High Blood Pressure ... Cures for High Blood Pressure, High BI) Blood Pressure: Blood Pressure Solution : The Ultimate Guide to Naturally Lowering High Blood Pressure and Reducing Hypertension (Blood Pressure Series Book 1) Blood Pressure: Blood Pressure Solution: 54 Delicious Heart Healthy Recipes That Will Naturally Lower High Blood Pressure and Reduce Hypertension (Blood Pressure Series Book 2) HIGH BLOOD PRESSURE: Blood Pressure Solution: The Step-By-Step Guide to Lowering High Blood Pressure the Natural Way, Natural Remedies to Reduce Hypertension Without Medication BLOOD TYPE DIET : Eat recipes according to blood type(blood diet,blood type diet o,blood type diet b,blood type cookbook,blood type a diet,blood type a cookbook,blood type ab,blood type book) Blood Pressure: Blood Pressure Solution: The Step-By-Step Guide to Lowering High Blood Pressure the Natural Way in 30 Days! Natural Remedies to Reduce Hypertension Without Medication Blood Pressure Solution: How to lower your Blood Pressure without medication using Natural Remedies (Natural Remedies, Blood Pressure, Hypertension) Pressure Cooker: 365 Days of Electric Pressure Cooker Recipes (Pressure Cooker, Pressure Cooker Recipes, Pressure Cooker Cookbook, Electric Pressure Cooker ... Instant Pot Pressure Cooker Cookbook) Mayo Clinic on Osteoporosis: Keeping Bones Healthy and Strong and Reducing the Risk of Fractures ("MAYO CLINIC ON" SERIES) Mayo Clinic Essential Guide To Prostate Health by Mayo Clinic (2009) Hardcover Mayo Clinic On Headache ("MAYO CLINIC ON" SERIES) Mayo Clinic Gastroenterology and Hepatology Board Review (Mayo Clinic Scientific Press) Mayo Clinic Gastrointestinal Imaging Review (Mayo Clinic Scientific Press) Mayo Clinic Internal Medicine Board Review (Mayo Clinic Scientific Press) Mayo Clinic Preventive Medicine and Public Health Board Review (Mayo Clinic Scientific Press) High Blood Pressure Explained: Natural, Effective, Drug-Free Treatment for the "Silent Killer" (Blood Pressure, Hypertension, Heart Health, Naturopathy, Natural Remedies)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

