



A Guide To High Blood Pressure

Ramdass

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A Guide To High Blood Pressure Ramdass

The book focuses on the preventive aspects of hypertension. The book also stresses on lifestyle changes and factors which can be modified to bring high bp down in hypertensive individuals. The past thirty years have brought major advances in identifying and treating high bp. This book, along with the advice of a personal physician, can help a person lead a longer, healthier and happier life. A reader will understand that very little medical terms are used, and that most of the chapters are in a lucid reader-friendly language. Some of the topics are lifestyle & high blood pressure, women & high blood pressure, problems related with high blood pressure, hypertension in diabetics, long term complications of high blood pressure and much more.

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