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High Blood Pressure

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Alan L. Rubin, MD
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High Blood Pressure For Dummies

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High Blood Pressure For Dummies?, Pocket Edition Alan L. Rubin, MD, 2010-12-07 Practical strategies to get your blood pressure under control High blood pressure can cause a lot of health problems This handy pocket guide explains how simple lifestyle changes can help lower your blood pressure and it brings you up to date on blood pressure medications Written by a practicing physician with decades of experience you'll get practical information you can put to use right away It's just what you need to lower your blood pressure and feel great Open the book and find Why high blood pressure is bad for you Ways to measure your blood pressure properly Guidance on using blood pressure medications Tips for cutting back on salt and quitting smoking The basics of starting an exercise program [High Blood Pressure for Dummies® \(Volume 1 of 2\) \(EasyRead Large Bold Edition\)](#), [High Blood Pressure for Dummies](#) Alan L. Rubin, 2011-02-14 New info on high blood pressure in women children and the elderly The fun and easy way to take charge of hypertension and add years to your life Are you battling high blood pressure This updated guide explains all the latest breakthroughs in the detection treatment and prevention of high blood pressure helping you determine whether you're at risk and develop a diet and exercise program to keep your blood pressure at healthy levels You'll also find new information on protecting your heart kidneys and brain and dealing with secondary high blood pressure Measure your blood pressure properly Develop a successful treatment plan Improve your lifestyle habits Evaluate new drug therapies Find resources and outside support

100 Questions & Answers About High Blood Pressure For Dummies Simon Poole, Amy Riolo, 2026-03-10 Everything You Want to Know About High Blood Pressure A Q & A Guide 100 Questions Answers About High Blood Pressure For Dummies contains everything you've been wanting to know about what causes hypertension and how it can be treated with medication and lifestyle changes This budget friendly book gets right to the point with short easy to absorb sections so you can focus on

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Blood Pressure For Dummies Richard Snyder,2023-12-15 Maintain healthy blood pressure with timeless wisdom and new breakthroughs in prevention and treatment High Blood Pressure For Dummies explains all you need to know about blood pressure and what to do when it gets too high High blood pressure can lead to serious complications but with lifestyle changes and medication it s easily treatable This jargon free compassionate book walks you through the necessary changes to help lower blood pressure and live a healthy life You ll be well equipped to determine if you re at risk and consider the medical consequences of hypertension From there develop a successful treatment plan and choose the right foods for you With this Dummies guide you can learn to prioritize you and your health Learn what hypertension is what causes it and how it can be prevented and treated Improve your quality of life and live longer by focusing on a healthy blood pressure Understand your doctor s recommendations and discover diet and lifestyle factors that you can control Find out about new

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Thyroid For Dummies Alan L. Rubin, 2011-03-03 If you or a loved one has been diagnosed with a thyroid condition you've probably found out at least a little about this mysterious gland just enough to want to look for answers to the many questions that keep popping up in your mind What causes this condition How is it treated What can you do to get healthy again Thyroid for Dummies 2nd Edition gives you the detailed information you're looking for on new methods for detecting thyroid disease in both adults and children alternative treatments pros and cons of powerful new drugs now on the market advice for managing the disease through changes in exercise and diet and much more You'll discover What the thyroid does How to identify a sick thyroid and recognize who's at risk Ways to find the right thyroid doctor How to cope with hypothyroidism in children The hereditary connection to thyroid disease How thyroid disease affects the elderly The effects of hyperthyroidism during pregnancy How to decide if surgery is necessary Ten myths about thyroid health Updated to address advances made since the first edition including the latest thinking on understanding thyroid disease's connection to depression and mania Thyroid for Dummies 2nd Edition will tell you everything you need to know about how the thyroid functions what makes it malfunction and what to do when a problem occurs

Mediterranean Diet For Dummies Rachel Berman, 2013-08-12 Expert advice on transitioning to this healthy lifestyle The Mediterranean diet is a widely respected and highly acclaimed diet based on the food and lifestyles common to the people of Greece Cyprus Southern France Spain and coastal Italy In addition to being a healthy extremely effective way of losing weight the Mediterranean diet is considered an effective means of avoiding or reversing many health problems such as cardiovascular issues pre Diabetes and obesity This hands-on friendly guide covers the numerous health benefits of the Mediterranean diet and encourages meals that consist largely of healthy foods such as whole grains fresh fruits and vegetables olive oil and other healthy fats fish and foods high in Omega 3 fat content such as seafood nuts beans and dairy products Featuring 20 delicious and nutritious recipes and chock full of tips from consuming the best oils to whether wine is okay with meals it is Mediterranean Diet For Dummies serves as the formula for maximizing success in achieving ideal weight and health Explains how switching to a Mediterranean diet can ward off the risk of many diseases Includes 20 tasty recipes Also available Mediterranean Diet Cookbook For Dummies If you've heard of this highly acclaimed and publicized diet Mediterranean Diet For Dummies helps you make the switch

Stroke For Dummies John R. Marler, 2011-04-18 Features tons of advice for recovery and rehabilitation Get the latest on the symptoms diagnosis and treatment of stroke Have questions and concerns about strokes This reassuring guide provides invaluable information for stroke victims and their loved ones from what a stroke is and what it feels like to proven treatments and therapies You'll see how to implement a plan for preventing stroke treat the lingering effects of stroke and maximize home caregiver effectiveness while minimizing fatigue Discover how to Understand what causes different types of

stroke Recognize warning signs Get the most out of doctors and hospitals Speed recovery with the best treatments Help prevent future strokes Decide the best living arrangements after stroke **Staying Sharp For Dummies** American Geriatrics Society (AGS),Health in Aging Foundation,2016-04-18 Insight and actionable information on keeping your brain sharp as you age Your brain controls who you are how you think feel and act As you age it s not uncommon to want to remain as sharp and with it as you were in your younger years Whether you want to hone your memory manage stress and anxiety or simply eat brain healthy food Staying Sharp For Dummies shows you how to keep your mind sharp agile and creative well into your golden years Research shows anyone can improve brain performance and it s never too late to make changes to achieve your optimal brain health While brain exercises certainly help it s also vital to promote healthier living as a holistic way to support brain health Staying Sharp For Dummies explains how keeping physically fit eating right managing stress and even connecting with others helps give your brain the boost it needs to stay sharp well into your golden years Build a better brain through nutrition lifestyle changes and brain workouts Cope with a specific brain disorder such as stroke Dementia Alzheimer s and Parkinson s Stay sharp and improve memory and concentration Access an online bonus chapter from Alzheimer s For Dummies and Dementia For Dummies If you or a loved one are looking for authoritative accessible guidance on staying sharp this essential guide endorsed by the American Geriatric Society and the American Geriatric Society Health in Aging Foundation covers the gamut of lifestyle and activity changes that can maximize brain function and health

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