



Hypertension (Oxford American Cardiology Library)

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Over 75 million American adults suffer from hypertension, the leading risk factor for stroke and cardiovascular disease. Individuals who are normotensive at age 55 have a 90% lifetime risk for developing high blood pressure. Despite increased awareness in the past decades, about a third of adults with hypertension are not aware of their condition. With the growing prevalence of obesity, hypertension will continue to affect more individuals and, along with diabetes, will become the primary cause of cardiovascular morbidity and mortality.

As part of the *Oxford American Cardiology Library*, this practical handbook is a concise yet comprehensive guide to overcoming the challenges of hypertension treatment. Written by leading experts in the field, this volume collects clinically oriented, up-to-date knowledge on accurate diagnosis, antihypertensive therapies, management of comorbidities, and hypertension in special populations. Featuring evidence-based discussions of key clinical concepts and therapy options, with numerous figures, tables, and illustrations, this pocket-sized handbook will serve as an invaluable guide to healthcare professionals.

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