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Nota di contenuto	Dedication.- Acknowledgements.- Preface.- Chapter 1: From chronobiology to chronomedicine: Days of creation.- Chapter 2: From chronomics to chronoastrobiology: Many rhythms are control information for whatever we do -- Chapter 3: Chronobioethics: what is life? -- Chapter 4: Chronobiology.- Chapter 5: Chronomics of heart rate variability.- Chapter 6: Chronomics of life for improving the quality of health.- Chapter 7: Chronomics of tree rings gauge climate change. - Chapter 8: Introduction to Chronobioengineering.- Chapter 9: What community-based glocal comprehensive assessment tells us: chronoecology is far superior to evidence-based medicine (EBM). - Chapter 10: Community-based comprehensive geriatric assessment. - Chapter 11: Chronomic community screening: depressive mood, heart rate variability and cardiovascular outcomes in a community -- Chapter 12: Chronoecological "glocal" (global and local) comprehensive health-watch at high altitude.- Chapter 13: Chronoastrobiology. - Chapter 14: Heart rate variability reflecting the dynamics of solar activity -- Chapter 15: A transdisciplinary near-transyear in sudden cardiac death validates its counterpart in the solar wind and

geomagnetics.- Chapter 16: Diagnosing vascular variability disorders and vascular variability syndromes.- Chapter 17: Among-day blood pressure variability assessed by 7-day/24-hour ambulatory blood pressure monitoring and prognostic value of vascular variability anomalies.- Chapter 18: Case presentations I. Within-day BP variations observed using 7-day/24-hour ambulatory BP monitoring.- Chapter 19: Case presentations II. Vascular variability syndrome -- Chapter 20: Case presentations III. Among-day variability of circadian profiles of 24-hour ABP -- Chapter 21: "What is life?" Cycles tipping the scale between death and survival.- Chapter 22: Astro-glocal spatially and temporally (global & local) comprehensive health watch especially at high altitude.- Chapter 23: Chronobioethics and Alerting Chronobiological Ambulatory Blood Pressure Monitoring (C-ABPM; stress/strain-test) For preventing cardiovascular and for understanding and avoiding/evading societal and natural cataclysms by personalized and generalized chronospheres -- Closing Remarks.

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#### Sommario/riassunto

This fascinating volume applies the concept of chronomics to the medical treatment of hypertension. It starts with the recent updates on chronomics, the analytic techniques, and their application to community-based assessments. The authors advocate the use of 7-day/24-h records of blood pressure, which is effective for finding masked hypertension, masked morning surge, and other rhythm abnormalities. Most organisms, from cyanobacteria to mammals, are known to use the circadian mechanism. However, our body systems also demonstrate circaseptan (roughly weekly), circannual (roughly yearly), and even longer rhythms. Chronomics monitors the physiological data and then analyzes the superimposed rhythms, isolating the cycles mathematically to determine how organisms and their environment interact. It is the study of interactions among time structures (chronomes) in and around us.

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