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Nota di bibliografia	Includes bibliographical references at the end of each chapters and index.
Nota di contenuto	Preface -- 1. Overview of Arterial Stiffness -- 2. Mechanisms of Arterial Stiffness -- 3. Implications of Arterial Stiffness -- 4. Interventions to Destiffen Arteries -- Index.
Sommario/riassunto	Arterial stiffness is an emerging risk factor with important implications for cardiovascular disease risk. Herein, we concisely summarize the physiological and pathophysiological aspects of arterial stiffening, and highlight the importance of increased arterial stiffness for future cardiovascular events. Factors contributing to increased arterial stiffness such as advancing age, obesity, race, sex differences and cardiorespiratory fitness are examined while elucidating the potential underlying mechanisms for each scenario. To conclude, we discuss

novel interventions to prevent and/or reverse the arterial stiffening process in order to reduce cardiovascular risk. This book also:  
Overviews the cellular and molecular mechanisms of arterial stiffness  
Discusses the implications of arterial stiffness in target organ damage.

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