

1. Record Nr.	UNINA9910298640003321
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Titolo	Minerals and lipids profiles in cardiovascular disorders in South Asia : Cu, Mg, Se, Zn and lipid serum profiles for the example of patients in Pakistan / / Nayab Batool Rizvi, Saeed Ahmad Nagra
Pubbl/distr/stampa	Heidelberg [Germany] : , : Springer, , 2014
ISBN	3-642-34249-3
Edizione	[1st ed. 2014.]
Descrizione fisica	1 online resource (viii, 151 pages) : color illustrations
Collana	Gale eBooks
Disciplina	616.1071
Soggetti	Cardiovascular system - Diseases - Risk factors Cardiovascular system - Diseases - Nutritional aspects
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Introduction: Minerals -- Introduction: Lipid profile -- Literature Review: Cardiovascular Disorders and Minerals -- Literature Review: Cardiovascular Disorders and Lipid Profile -- Materials and Methods -- Results: Minerals -- Results: Lipid Profile -- Discussion: Minerals -- Discussion: Lipid Profile -- Summary: Minerals -- Summary: Lipid Profile.
Sommario/riassunto	This book correlates different minerals and lipids serum profiles with the prevalence of cardiovascular disorders in South Asian countries with special emphasis on Pakistan. Cardiovascular disorders (CVD, e.g. coronary heart diseases, hypertension, rheumatic heart disease, angina, heart failure and deep vein thrombosis) show significantly increasing rates in South Asian countries like Pakistan and have become a major health problem. Nevertheless, the data on any aspect of cardiovascular problems still is scanty. The serum profiles of different minerals (copper, magnesium, zinc, selenium) and lipids are analyzed in detail. The presented data will thus lead to a better understanding of the problem and help to provide possible solutions, which can be achieved, e.g. through ameliorated minerals profiles in the daily diet. These results can help develop better dietary management strategies in the prevention and treatment of CVD.