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Nota di contenuto	Chapter 1 - Physical Activity, Cardiorespiratory Fitness and Health: A Historical Perspective - Peter Kokkinos and Jonathan Myers -- Chapter 2 - Exercise, Gene Regulation and Cardiometabolic Disease - Mark A. Chapman and Carl Johan Sundberg -- Chapter 3 - Exercise and the Mitochondria - Eva-Karin Gidlund -- Chapter 4 - Effects of Exercise on Adult Stem Cells - Nabanita Kundu, Cleyton C. Domingues and Sabyasachi Sen -- Chapter 5 - Exercise Metabolism in Health and Disease - Anastassios Philippou, Costas Chryssanthopoulos, Maria Maridaki, George Dimitriadis and Michael Koutsilieris -- Chapter 6 - Exercise and the Endothelium - Joshua C. Tremblay and Kyra E. Pyke -- Chapter 7 - Exertion-Related Acute Cardiovascular Events: Pathophysiologic Considerations, Risk Modulators, and Prophylactic Interventions - Barry A. Franklin and Peter Kokkinos -- Chapter 8 - Exercise and Blood Pressure Control in Hypertension - Hayley V. MacDonald and Linda S. Pescatello -- Chapter 9 - Role of Physical Activity, Exercise and Cardiorespiratory Fitness in Management of Resistant Hypertension - Puneet Narayan and Anubhav Kumar -- Chapter 10 - Physical Activity, Blood Pressure and Cardiac Structure and Function - Peter Kokkinos -- Chapter 11 - Physical Activity, Cardiorespiratory Fitness, and the Diabetes Spectrum - Eric S. Nylén

and Peter Kokkinos -- Chapter 12 - Cardiorespiratory Fitness, Physical Activity and Metabolic Syndrome - Eric S. Nylén, Shruti M. Gandhi and Raj Lakshman -- Chapter 13 - Exercise Interventions in Patients with Diabetes and Peripheral Artery Disease - Mary M. McDermott -- Chapter 14 - Physical Activity, Cardiorespiratory Fitness, and Obesity - Louise de Lannoy and Robert Ross -- Chapter 15 - The Obesity Paradox and Cardiorespiratory Fitness - Michelle Phuong Nguyen, Sergey Kachur and Carl J. Lavie -- Chapter 16 - Physical Activity, Exercise, and Lipids and Lipoproteins - J. Larry Durstine, Elizabeth Anderson, Ryan R. Porter and Xuewen Wang -- Chapter 17 - Physical Activity, Fitness and Coronary Heart Disease - Michael J. LaMonte -- Chapter 18 - Physical Activity and Cardiorespiratory Fitness in Heart Failure - Jonathan Myers -- Chapter 19 - Cardiorespiratory Fitness, Physical Activity and Stroke - Steven P. Hooker and Michelle N. McDonnell -- Chapter 20 - Cardiorespiratory Fitness, Physical Activity and Incidence of Atrial Fibrillation - Apostolos Tsimploulis, Andreas Pittaras and Charles Faselis -- Chapter 21 - Chronic Kidney Disease and Physical Activity - Anubhav Kumar, Puneet Narayan and Peter Kokkinos -- Chapter 22 - Physical Activity, Fitness and Sexual Dysfunction - Konstantinos P. Imprialos, Konstantinos Stavropoulos and Michael Doumas -- Chapter 23 - Cardiorespiratory Fitness in the Context of Cardiac Rehabilitation - Jonathan K. Ehrman -- Chapter 24 - Physical Activity and Cardiometabolic Health Benefits in Children - Konstantinos D. Tambalis and Labros S. Sidossis -- Chapter 25 - Association Between Cardiorespiratory Fitness and Health Care Costs - Jonathan Myers.

Sommario/riassunto

This book examines the links between physical activity (PA), cardiorespiratory fitness (CRF), and cardiovascular and metabolic diseases. It presents an overview of the role of PA and CRF in the prevention and management of risk factors associated with cardiometabolic diseases such as hypertension, peripheral vascular disease, stroke, type 2 diabetes, metabolic syndrome, dyslipidemia, obesity, and atherosclerosis. In addition, it explores how these risks vary with different populations such as the elderly and people of various racial backgrounds. The book also highlights risks associated with exercise and presents a prescription for appropriate and efficacious exercise to minimize risk and maximize health benefits for the heart. Cardiorespiratory Fitness in Prevention and Management of Cardiometabolic Disease is an essential resource for physicians, exercise physiologists, medical students, residents, fellows, nurses, and researchers in cardiology, cardiorespiratory fitness, exercise science, health promotion and disease prevention, public health, and epidemiology.
