

1. Record Nr.	UNINA9910337474503321
Titolo	Cardiorespiratory Fitness in Cardiometabolic Diseases : Prevention and Management in Clinical Practice // edited by Peter Kokkinos, Puneet Narayan
Pubbl/distr/stampa	Cham : , : Springer International Publishing : , : Imprint : Springer, , 2019
ISBN	3-030-04816-0
Edizione	[1st ed. 2019.]
Descrizione fisica	1 online resource (442 pages)
Disciplina	616.105 616.1
Soggetti	Cardiology Health promotion Health Promotion and Disease Prevention
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
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,

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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.
