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Nota di contenuto	1. Devices for home BP monitoring -- 2. Cuff design for home BP monitors -- 3. Home BP and preclinical organ damage -- 4. Prognostic studies of home BP -- 5. Diagnostic value of home BP -- 6. Home BP monitoring schedule -- 7. Home BP for treatment titration -- 8. Home BP monitoring, treatment adherence and hypertension control -- 9. Home BP monitoring: Cost-effectiveness patients' preference and barriers for use -- 10. Home BP monitoring in clinical research -- 11. Home BP tele-monitoring and mobile digital health technology -- 12. Nocturnal home BP monitoring -- 13. Home BP monitoring in children, pregnancy, renal disease -- 14. Home BP variability -- 15. Home versus ambulatory BP monitoring -- 16. Guidelines for home BP monitoring.
Sommario/riassunto	Hypertension remains a leading cause of disability and death worldwide. Self-monitoring of blood pressure by patients at home is currently recommended as a valuable tool for the diagnosis and management of hypertension. Unfortunately, in clinical practice, home blood pressure monitoring is often inadequately implemented, mostly due to the use of inaccurate devices and inappropriate methodologies.

Thus, the potential of the method to improve the management of hypertension and cardiovascular disease prevention has not yet been exhausted. This volume presents the available evidence on home blood pressure monitoring, discusses its strengths and limitations, and presents strategies for its optimal implementation in clinical practice. Written by distinguished international experts, it offers a complete source of information and guide for practitioners and researchers dealing with the management of hypertension.
