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Nota di contenuto	Cover; Series; The ESC Handbook of Preventive Cardiology; Copyright; Contents; Abbreviations; Contributors; Part 1 What is prevention and why do we need it?; 1 Why do we need cardiovascular disease prevention?; 2 What is a high-risk patient?; 3 How to assess risk; 4 Biomarkers in risk assessment; 5 Imaging in risk assessment; 6 Erectile dysfunction and cardiovascular risk; 7 Priorities and targets; Part 2 Practical aspects of prevention; 8 Behavioural strategies to support and sustain lifestyle change; 9 Engaging people in prevention initiatives; 10 Treatment of tobacco dependence 11 Diet and weight: major lifestyle challenges 12 Helping people to become more physically active; 13 Managing blood pressure; 14 Managing blood lipids; 15 Managing blood glucose; 16 Drug therapies to reduce risk: evidence and practicalities; 17 Identifying and managing psychosocial factors; 18 Putting educational strategies into practice; Part 3 Setting up preventive cardiology initiatives; 19 The global care pathway and how it works in practice; 20 Examples of initiatives in different care settings: starting preventive and rehabilitative care in hospital 21 Examples of initiatives in different care settings: community 22

Ensuring quality of interventions; Index

Sommario/riassunto

The ESC Handbook of Preventive Cardiology is a 'how-to' manual for busy healthcare professionals to help them contribute practically to the prevention of cardiovascular disease.