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Nota di contenuto	Chapter. 1: Focus on Cardiovascular Health Promotion and Disease Prevention- Opportunities for Improvement -- Chapter. 2: National and Global Trends of Cardiovascular Disease Mortality, Morbidity, and Risk -- Chapter. 3: Cardiovascular Risk Assessment: From Global Risk Scoring to Risk Enhancing Factors -- Chapter. 4: Assessment and Management of Psychosocial Risk Factors within Preventive Cardiology Practice -- Chapter. 5: Dietary Strategies for Atherosclerotic Cardiovascular Risk Reduction -- Chapter. 6: Physical Activity Strategies -- Chapter. 7: Obesity Management and Prevention of Cardiovascular Disease -- Chapter. 8: Smoking and Vaping -- Chapter. 9: Alcohol and Cardiovascular Diseases -- Chapter. 10: The 2018 AHA/ACC/Multi-Society Cholesterol guidelines: A personalized approach to risk reduction -- Chapter. 11: Blood Pressure and Hypertension Management -- Chapter. 12: Cardiometabolism: Reducing Risks to Optimize Cardiovascular Disease Outcomes -- Chapter. 13: Antiplatelet Therapy -- Chapter. 14: Inflammation and

Atherosclerotic Cardiovascular Disease -- Chapter. 15: The Role of Genetics in Preventive Cardiology: Utility of Clinically Available Genetic Tests -- Chapter. 16: Exercise Electrocardiographic Stress Testing -- Chapter. 17: Ultrasound and MRI Assessment of Cardiovascular Risk -- Chapter. 18: Role of CT Coronary Calcium Scanning and Angiography in Evaluation of Cardiovascular Risk -- Chapter. 19: Cardiovascular Disease Prevention in Women -- Chapter. 20: Racial/Ethnic Considerations in the Prevention of Cardiovascular Disease -- Chapter. 21: Prevention of Heart Failure -- Chapter. 22: Prevention of Peripheral Arterial Disease -- Chapter. 23: Prevention of Atrial Fibrillation -- Chapter. 24: Prevention of Ischemic Stroke -- Chapter. 25: Prevention of Cardiovascular Disease in Patients with Chronic Kidney Disease -- Chapter. 26: Primary Prevention of Cardiovascular Disease Guidelines -- Chapter. 27: Secondary Prevention and Cardiac Rehabilitation -- Chapter. 28: Integrative Approaches for Cardiovascular Disease Prevention -- Chapter. 29: Preventive Cardiology as Specialized Medical Art. .

#### Sommario/riassunto

This second edition provides an updated review on the current guidelines and practice standards for the clinical management of cardiovascular risk factors and prevention of cardiovascular diseases. Endorsed by the American Society for Preventive Cardiology, this practical textbook includes concise descriptions of major and newer risk factors, biomarkers, and best practices in the management and prevention of cardiovascular disease. The manual contains chapters on the epidemiology and risk factors for a variety of cardiovascular diseases including dyslipidemia, hypertension, diabetes, inflammation, and ischemic stroke. It examines behavioral factors, psychosocial stress, family history, nutrition, physical activity, smoking, alcohol use, and other sociocultural factors. In addition, the book discusses new imaging strategies in detection of cardiovascular disease, prevention of heart failure, atrial fibrillation, and peripheral arterial disease, and prevention for special populations. Throughout the manual, recommendations are based on guidelines endorsed by the American College of Cardiology, American Heart Association, and other major societies. The second edition of the ASPC Manual of Preventive Cardiology is an essential resource for physicians, medical students, residents, fellows, nurses, and other healthcare professionals and researchers in cardiology, primary care, health promotion and disease prevention, exercise physiology, and pharmacotherapy. .