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Descrizione fisica	1 online resource (X, 279 p. 26 illus., 21 illus. in color.)
Collana	Contemporary cardiology (Totowa, N.J.)
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Soggetti	Cardiovascular system - Diseases - Prevention Malalties del cor Llibres electrònics
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Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di contenuto	Chapter 1. Role of Dietary Nutrition, Vitamins, Nutrients and Supplements in Cardiovascular Health -- Chapter 2. Impact of Nutrition on Biomarkers of Cardiovascular Health -- Chapter 3. The Mediterranean Dietary Pattern -- Chapter 4. Dietary Approaches to Hypertension: Dietary Sodium and the DASH Diet for Cardiovascular Health -- Chapter 5. The Impact of Carbohydrate Restriction and Nutritional Ketosis on Cardiovascular Health -- Chapter 6. Plant Based Diets in the Prevention and Treatment of Cardiovascular Disease -- Chapter 7. Plant-Based Oils -- Chapter 8. Prevention and Treatment of Obesity for Cardiovascular Risk Mitigation: Dietary and Pharmacologic Approaches -- Chapter 9. Fasting for Cardiovascular Health -- Chapter 10. Optimal dietary approaches for those living with metabolic syndrome to prevent progression to diabetes and reduce the risk of cardiovascular disease -- Chapter 11. Optimal diet for diabetes: Glucose control, Hemoglobin A1c reduction, and CV risk -- Chapter 12. Dietary and Lifestyle Cardiometabolic Risk Reduction Strategies in Pro-inflammatory Diseases -- Chapter 13. Dietary approaches to lowering LDL-C -- Chapter 14. Lifestyle approaches to lowering triglycerides -- Chapter 15. Role of the Microbiome in Cardiovascular Disease -- Chapter 16. Dietary and nutritional recommendations for the

prevention and treatment of heart failure -- Chapter 17. Dietary Considerations for the Prevention and Treatment of Arrhythmia.

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Sommario/riassunto

This book discusses all aspects of non-pharmacologic approaches to primary and secondary CVD prevention. It highlights the strength of evidence for particular diet styles in CVD prevention, including plant-based diets, the Mediterranean diet, the DASH diet, and low-carbohydrate diets. Chapters present evidence and future directions for diet and nutrition in diseases related to CVD, such as dyslipidemia, cardiometabolic disease (pre-diabetes, the metabolic syndrome, type-2 diabetes mellitus), and obesity. Finally, the book reviews novel and emerging aspects of dietary intervention in CVD prevention, such as dietary approaches to inflammation and the role of the microbiome in CVD. Up-to-date, evidence-based, and clinically oriented, *Prevention and Treatment of Cardiovascular Disease: Nutritional and Dietary Approaches* is an essential resource for physicians, residents, fellows, and medical students in cardiology, clinical nutrition, family medicine, endocrinology, and lipidology.

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