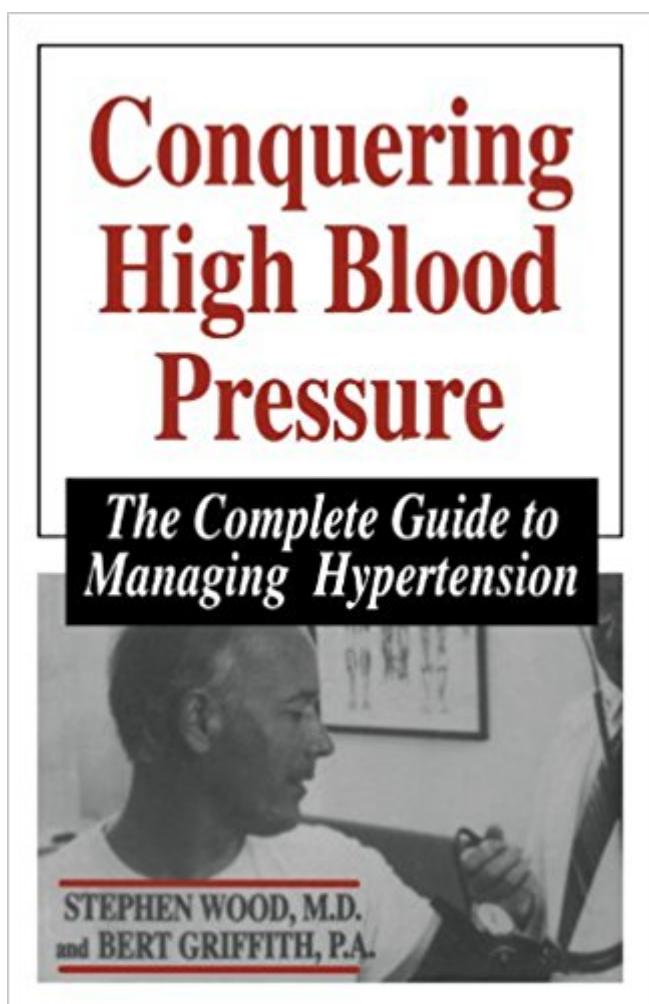


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# Conquering High Blood Pressure: The Complete Guide To Managing Hypertension



## **Synopsis**

Conquering High Blood Pressure: The Complete Guide to Managing Hypertension is a remarkably comprehensive account of a common chronic illness affecting adults and children. Dr. Wood, a family and occupational medicine physician, and Mr. Griffith, a family medicine physician assistant, team up to clearly address many important issues, in particular the patient's role in co-managing his or her high blood pressure with a physician or other health care attendant; the important physical or emotional concerns of special at-risk groups (e.g., the elderly, African-Americans, children, and pregnant women); the potentially hazardous side-effects or interactions of the drugs used to treat high blood pressure; the tips to follow to become a savvy consumer of medications or devices to cope with hypertension; the invaluable role of family members and friends in helping the person cope with hypertension; and the relationship between high blood pressure and other chronic diseases (e.g., diabetes, heart disease, and high cholesterol). Supported by compelling case histories and helpful appendixes, the authors' lucid explanation of the many facets of hypertension will enlighten and empower the millions of adults and children who suffer from this disease.

## **Book Information**

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## **Customer Reviews**

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Stephen D. Wood, M.D., a dual-certified family and occupational medicine physician, graduated magna cum laude in 1978 from Loma Linda University. He completed a combined training program in family medicine and occupational medicine in 1982 at the University of Utah Medical Center. Dr. Wood is Medical Director for Kennecott Corporation and maintains a private practice at Foothill Family Clinic in Salt Lake City, Utah,. Dr. Wood resides in Salt Lake City. Bert J. Griffith, P.A., a board-certified family medicine physician assistant, graduated in 1984 from Touro College. From 1991 to 1995, he was Officer-in-Charge of the hypertension clinic at Kadena Air Base in Okinawa, Japan. From 1995 to 1997, he was the senior physician assistant at the Goodfellow Air Force Base clinic in San Angelo, Texas. Mr. Griffith now resides in Okinawa, Japan.

This book is outdated, not worth buying. I sent it back, when I realized that this book is based on old medical beliefs. It professes to be a book about "prevention" and instead it is all about Drugs, medicine. There is no "prevention" here. I believe there is only 1-2 lines about diet. I think two guys, who happen to be MD's thought they could write a book to promote the Medical Treatment Model of High Blood Pressure. Get real! Like the cover, this book, and its paradigm of treatment, are in the 1950's, very outdated. Don't waste your time ordering this book, as I did.. or you will have to pay the cost to ship it back! Dr.P. Edwards

This book gives the reader a comprehensive review of the subject it set out to discuss. It calms your fears about what the disease can do to you. Knowledge is power. CONQUER HIGH BLOOD PRESSURE definitely impart the knowledge to control your blood pressure with and without medication. It relates that most of us can control our pressure by watching what we eat, exerciseing and managing stress. These steps are heart-healthy, anyway. Everyone should preactice them.

After reading this books I am now confident about what my condition is and how to control it. I believe that in a few months, I'll be able to lower my blood pressure without drugs. Thanks to this well-written and concise book I quickly gained knowledge about the condition and now motivated to do something about it

This book is well written in very understandable terms. It helped me tremendously. Thanks to the authors!

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