



The ESC Handbook of Preventive Cardiology: Putting Prevention into Practice (The European Society of Cardiology Textbooks)

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The ESC Handbook of Preventive Cardiology is a 'how-to' manual for busy healthcare professionals. Complementing the 2012 Joint European Guidelines on cardiovascular disease prevention and in line with recommendations from the European Association of Cardiovascular Prevention and Rehabilitation, it is an invaluable source of tools and skills to assist with the delivery of effective cardiovascular disease prevention.

While acknowledging that cardiovascular disease prevention efforts must be complemented by societal and community based strategies, this handbook focuses on practical strategies that can be used in clinical settings. Concise and easily accessible, it guides readers through the patient and family pathway - from patient identification, recruitment of the patient and family, assessing lifestyle and risk factors, to managing lifestyle change, reducing risk factors, and compliance with cardio-protective drug therapies. Information on how to deliver a health promotion workshop programme and run a supervised exercise programme is also included.

Previously published as Preventive Cardiology: A practical manual and now fully revised and updated and packed with checklists and diagrams, such as risk estimation charts, The ESC Handbook of Preventive Cardiology helps health workers contribute in real and practical ways to the prevention of atherosclerotic cardiovascular disease.

This print edition of The ESC Handbook of Preventive Cardiology, Putting Prevention into Practice comes with access to the online version on Oxford Medicine Online, for as long as the edition is published by Oxford University Press. By activating your unique access code, you can read and annotate the full text online, follow links from the references to primary research materials, and view, enlarge and download all the figures and tables.

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