Fast Facts: Hypertension

In this updated fourth edition of Fast Facts: Hypertension, two authors of international renown provide a practical evidence-based approach to the diagnosis and management of the condition.

Hypertension is a highly treatable risk factor for cardiovascular disease, yet it remains underdiagnosed, undertreated and, in many cases, poorly controlled. Sometimes dubbed ‘the silent killer’, hypertension rarely produces symptoms until it manifests as a heart attack or stroke. Early identification of the condition by routine blood pressure measurement and appropriate ongoing management are therefore vital.

The book provides a thorough overview of hypertension, covering:
* accurate measurement of blood pressure and problems such as 'white-coat' hypertension
* routine assessments for people with high blood pressure
* consideration of other modifiable risk factors - smoking, high cholesterol levels, etc.
* non-pharmacological measures that doctors can advise on - reduce salt, lose weight, increase physical activity, etc.
* up-to-date trial results on all the pharmacological options
* special considerations for the treatment of children, pregnant women, the elderly and patients with diabetes

Primary care physicians have a leading role to play in screening for hypertension and ensuring that patients receive the most appropriate treatment. Fast Facts: Hypertension provides a concise readable refresher on this common and potentially devastating condition.