



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

*Stephen Wood, Bert Griffith*

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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.

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