



# Oxford American Mini Handbook of Hypertension (Oxford American Mini Handbooks)

By Paul Scheel, Michael Choi

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## Oxford American Mini Handbook of Hypertension (Oxford American Mini Handbooks) By Paul Scheel, Michael Choi

Hypertension (chronically elevated arterial blood pressure) is one of the most common disorders worldwide. In the U.S., hypertension affects 1 in 4, or upwards of 50 million adults with only 70% being aware of their diagnosis. Hypertension is tightly linked with cardiovascular risk and fatal outcomes. One of the dangers of hypertension is its asymptomatic nature, as untreated hypertension can result in increased cardiac output, heart volume, and damage to arteries and vessel walls. This succinct pocket volume aims to provide primary care practitioners and other healthcare professionals with essential, evidence-based guidance on the diagnosis and management of hypertension. Written by noted experts in the field, with a foreword by the former president of the American Society of Hypertension, this volume is focused on providing key insights into choosing the appropriate treatment regimen for each patient, as well as direction on proper patient monitoring for safety and effectiveness of various interventions. To that end, the volume features numerous tools, such as forms, charts, graphs, and algorithms to assist the busy clinician in providing the best care for their patients with hypertension.

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#### **About the Author**

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