



# ASPC Manual of Preventive Cardiology

*Nathan Wong PhD FACC FAHA FNLA, Ezra Amsterdam MD, Roger Blumenthal MD FACC FAHA*

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Endorsed by the American Society for Preventive Cardiology, this highly practical resource focuses on the application of current guidelines and practice standards in the clinical management of cardiovascular risk factors. The *Manual* presents concise descriptions of each major cardiovascular risk factor, and practical, to-the-point discussions of current best practices in clinical management. In addition, the *Manual* includes chapters on peripheral arterial disease, stroke, smoking, contemporary cardiovascular imaging, heart failure, metabolic syndrome, thrombosis, nutrition, special populations, novel risk factors, and psychosocial stress. Throughout the *Manual*, recommendations are based on the most recent prevention guidelines of the American College of Cardiology and American Heart Association, including those on Risk Assessment, Lifestyle Recommendations, Blood Cholesterol, and Obesity, as well as the new guidelines on Hypertension.

Chapter authors are recognized leaders in each area of practice, and special efforts have been made by the authors and editors to ensure that the content of all chapters is as up-to-date as possible.

## **Key Features:**

Presents a highly practical focus on the application of current guidelines and practice standards regarding cardiovascular risk factors

Recommendations based on the most recent prevention guidelines

Authored by recognized leaders in the field

Covers all major cardiovascular risk factors, key methodologies in risk assessment, and special issues regarding specific patient populations

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