



Conquering Hypertension: An Illustrated Guide to Understanding Treatment and Control of High Blood Pressure (Empowering Press)

R. Brian Haynes, Frans H.H. Leenen

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High blood pressure ("hypertension") treatment is a miracle of modern medical therapeutics. Although hypertension afflicts more than 1 of every 10 adults, the complications of this disorder are completely preventable. Sadly, though, some people with high blood pressure don't know it. Others who think they may have it do not. Many who have it are not successful in controlling it because the optimal treatment has not been prescribed or they do not follow the treatment. And some people experience needless adverse effects from therapy. This book answers key questions about the nature and management of high blood pressure, and how those who have the condition can benefit most from treatment without suffering undue adverse effects.

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