

El médico en casa



Comprender la **Hipertensión**

- ➔ Cómo se forma
- ➔ Prevención
- ➔ Tipos de hipertensión
- ➔ Diagnóstico y tratamiento



Dr. José L. Tovar


Amat
editorial

Comprender La Hipertension Comprender La Hipertension

Hans-Dieter Faulhaber



Comprender La Hipertension Comprender La Hipertension:

Comprender la hipertensión José Luis Tovar Méndez, 2011-11-30 La hipertensión arterial es un gran problema de salud pública por la cantidad de personas a las que afecta y por la gravedad de las enfermedades con las que se relaciona como por ejemplo dolencias cardíacas y vasculares Precisamente la hipertensión se caracteriza por no producir síntomas hasta que aparece alguna complicación de aquí la importancia de su diagnóstico precoz Los datos de que disponemos nos dicen que el control adecuado de la hipertensión sólo se da en el 30% de los casos tratados y esto se debe a la falta de información de la población en general *La solución para la hipertensión* Richard D. Moore, 2000-09 La presión alta la asesina silenciosa y la amenaza no mero uno para la salud en Estados Unidos puede evitarse Esta conclusión se basa en el informe más actualizado del Programa Nacional Educativo para la Presión Alta de Estados Unidos y confirma el tratamiento indicado en el libro del doctor Moore Si se lleva una dieta con la proporción adecuada de potasio y calcio el llamado factor K se regula la presión en el nivel celular evitando la hipertensión El autor explica exactamente cómo lograrlo con un programa de nutrición seguro controlando el peso y haciendo ejercicio Si usted ya padece de hipertensión este programa puede disminuir notablemente sus efectos o incluso erradicarlos sin los tratamientos tradicionales de fármacos y dieta blanda Este libro contiene también un capítulo en el cual se explica cómo colaborar con el médico para que la reducción de los medicamentos contra la hipertensión se lleve a cabo de manera gradual y segura HIPERTENSION NETDOCTOR.CO.UK, 2006-05 La hipertensión es una de las principales causas de muerte evitable en los países occidentales Sus riesgos reales son poco conocidos incluso para quienes la padecen a menudo ajenos a los medios reales de que disponen para prevenir sus peores efectos Este libro se dirige sobre todo a pacientes pero también a médicos y al público en general con el objetivo de dar luz sobre esta enfermedad poco conocida a pesar de su creciente grado de incidencia en las sociedades modernas Su lenguaje llano y su voluntad de claridad lo convierten en una guía básica imprescindible donde encontrar todas las respuestas que necesita y múltiples propuestas para un nuevo estilo de vida donde usted tenga el control **Hipertensión** Luis Chiozza, Este libro acerca de la hipertensión arterial fue escrito para los colegas cuya vocación los inclina hacia el ejercicio de una actividad médica independientemente de que su formación provenga de una escuela de medicina o de psicología Pero también para las personas que sin ninguna formación en esas disciplinas sienten la curiosidad y el deseo de comprender cuáles son los avatares de la vida que conducen a la enfermedad La consiguiente obligación de escribir de un modo que sea claro condujo a la necesidad de exponer y fundamentar conceptos generales que trascienden el caso particular de la hipertensión arterial y pueden aplicarse a la comprensión de otras enfermedades No fue escrito con el propósito ingenuo de que constituya una ayuda suficiente para superar la hipertensión Se propone en cambio contribuir a que pueda ser contemplada en un panorama más amplio que ofrece posibilidades distintas Decimos de algunos pacientes que son diabéticos y de otros que están con una insuficiencia cardíaca afirmando de este modo la diferencia entre un estado que se considera permanente y otro transitorio La pregunta soy o estoy

hipertenso que constituye el subtítulo de este libro sugiere examinar la idea de que el diagnóstico de hipertensión descubre en todos los casos un modo de ser que durar toda la vida

Colesterol alto e hipertensión Josefina Segno, Ejercicios consejos prácticos estrategias de autocuración Tratamientos naturales Yoga Acupuntura Aromaterapia Medicina Ayurveda Esencias Florales Fitoterapia Homeopatía

Hipertensión arterial César Gonzalo Calvo Vargas, 2023-10-02 En esta segunda edición he aceptado el reto de escribir un texto que permitiera dejar de lado la visión anterior y presentara una temática más amplia con la intención de acaparar un mayor número de lectores Para este fin me he permitido iniciar con la descripción de algunos de los aspectos históricos que dieron pie al conocimiento y el manejo de la enfermedad asimismo se analizan las teorías propuestas por los grandes padres de la hipertensión como Golblatt y Guyton entre otros más que fundamentan los mecanismos productores de la enfermedad Los aspectos sociales de la enfermedad también constituyen uno de los núcleos centrales de este proyecto pues abarcan desde la perspectiva en la diversidad de los grandes grupos humanos hasta el impacto económico del tratamiento Se consideran también algunos de los puntos centrales de la organización del sistema de salud que impactan en el control de la enfermedad hipertensiva Sin duda la contribución más importante de la obra está centrada en los capítulos en los que nuestras investigaciones nos han permitido conocer de manera más profunda estos temas En el reto suscrito de manera clara en la filosofía osleriana No hay un arte más difícil de adquirir que el arte de la observación para algunos hombres es prácticamente imposible registrar una observación y escribirla de manera clara y concisa Así el de la automedicación de la presión arterial y el de la rigidez de las arterias son un resumen de las investigaciones realizadas por un servidor y su grupo y podrán leerse con la idea de que contribuirán a entender la enfermedad En cada intento que los diferentes aspectos técnicos estuviesen acompañados de razonamientos y de juicios clínicos apropiados con la finalidad de hacerlos más accesibles al mundo real ya fuera en el consultorio o en la cama del enfermo Este objetivo quizá sea una pretensión consciente pero al menos fue reconocida a tiempo La mayor parte de los capítulos están escritos por un servidor con la idea de dar continuidad a los conceptos que circulan de pasta a pasta y de integrar en lo posible la manera de entender la enfermedad

Aprendiendo a Cuidar el cuerpo / mente Liliana Racauchi, 2003

Maciocia. La práctica de la medicina china Elsevier Ltd, 2022-07-15 Cobertura de una disciplina como la Medicina Tradicional China incluyendo el diagnóstico y el tratamiento de 48 patologías comunes convirtiéndose así en una obra de cabecera tanto para estudiantes de esta disciplina como para profesionales en ejercicio Recoge la experiencia clínica de un gran especialista a nivel internacional en Medicina China como era Giovanni Maciocia Se proporciona información sobre la etiología los aspectos patológicos y el diagnóstico diferencial desde la perspectiva de la Medicina Tradicional China La obra incluye sumarios de diagnóstico diferencial de la Medicina Occidental proporcionando opciones de tratamiento alternativas Información exhaustiva muy desarrollada y rigurosamente referenciada que proporciona argumentos de gran solidez científica a los profesionales e interesados en este tema Revisiones de ensayos clínicos y literatura china moderna basada en la experiencia de prestigiosos

especialistas en Medicina China Ap ndices pr cticos que incluyen la identificaci n de patrones sobre prescripci n sustituciones de medicinas basadas en plantas as como otras recomendaciones basadas en la Medicina Tradicional China Glosario de t rminos chinos Ingl s Pinyin Cobertura ntegra de una disciplina como la Medicina Tradicional China en una obra completa que incluye el diagn stico y el tratamiento de 48 patolog as comunes convirti ndose as en una obra de cabecera tanto para estudiantes de esta disciplina como para profesionales en ejercicio Contenido rigurosamente referenciado con los ltimos datos publicados sobre el tratamiento de determinadas patolog as utilizando los principios de la Medicina Tradicional China

Cómo prevenir y sanar la hipertensión Hans-Dieter Faulhaber, 2007 La hipertensin arterial se ha convertido en uno de los factores de riesgo cardiovascular ms extendidos en el mundo Esta gua se propone aportar toda la informacin necesaria para prevenir detectar o minimizar esta enfermedad Para ello con un lenguaje sumamente claro se explica todo cuanto usted debe saber desde una descripci n pormenorizada de la hipertensin y sus causas hasta los tratamientos ms sencillos y eficaces que conviene seguir siempre de acuerdo con su mdico para evitar riesgos innecesarios y disfrutar de una vida ms sana y placentera *Buenas noticias sobre hipertensi3n arterial* Thomas G. Pickering, 2000-02

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