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Blood Pressure: The Essential Guide

By Justine Davies

Need2Know. Paperback. Book Condition: new. BRAND NEW, Blood Pressure: The Essential Guide, Justine Davies, In England, over 30% of adults suffer from high blood pressure; usually there are no immediate symptoms and you could have it for years without knowing. During this time your heart may be weakened and your blood vessels damaged, leading to serious conditions such as coronary heart disease, strokes and kidney failure. Blood Pressure The Essential Guide is for people who are concerned about their blood pressure, or want to know more about the factors contributing to a healthy blood pressure for the benefit of themselves or a family member. Find out how you can prevent high blood pressure, what steps you can take at home to help yourself and how you can address complications. Both medical and non medical remedies are covered. If you have blood pressure problems yourself or are looking to support someone close to you, this essential guide will cover all the facts you need to achieve a healthy blood pressure.



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