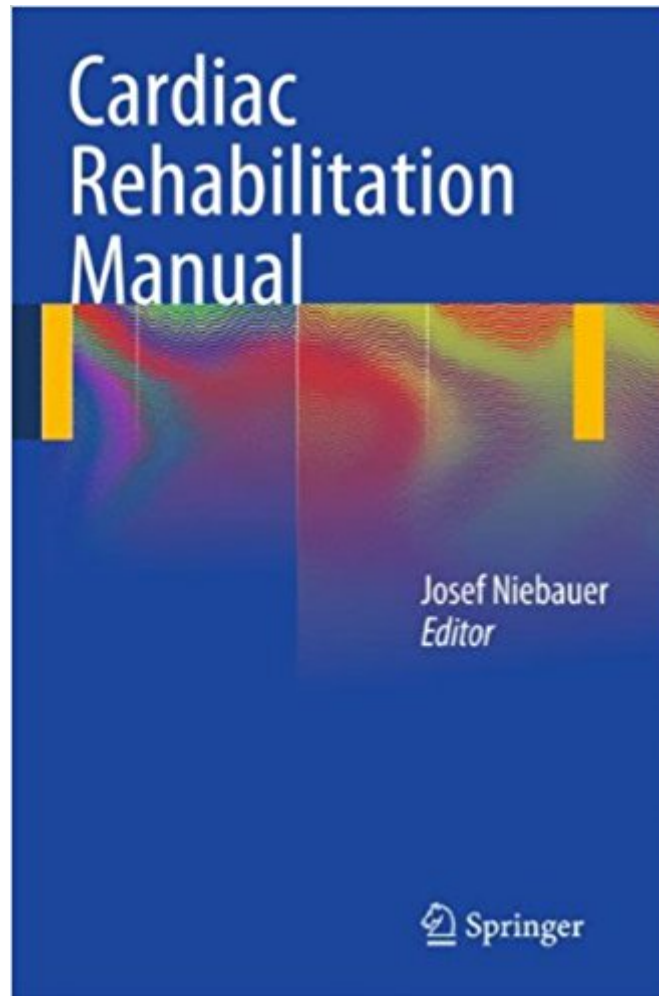




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# Cardiac Rehabilitation Manual



## Synopsis

Cardiac rehabilitation is of key importance to ameliorate long-term morbidity and mortality resulting from cardiac intervention. However, much of the current literature is dense, unwelcoming and academic in style and format. For those physicians understanding the scope of cardiac rehabilitation there is a need to distill the guidelines and various management options available to them into a concise practical manual. Up until now, all references have looked at the general options, but there is definite need to investigate the practicalities of individual patient groups. This book fulfills the need for practical guidance among all professionals involved in the management of these patients, from residents and fellows of cardiology and internal medicine, surgical teams, physiotherapy professionals, critical care physicians and family medicine practitioners.

## Book Information

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## Customer Reviews

From the reviews: “This is a practical and concise, literature-based resource guide to cardiac rehabilitation. This manual is aimed specifically at health professionals who are, or will be, engaged with a patient population in need of cardiac rehabilitation, such as cardiologists, physiotherapists, critical care physicians, internal medicine fellows and cardiology residents, and family physicians. It is clear, concise, and detailed oriented. The up-to-date references and case studies provide readers with the latest in treatment options and approaches for unique and common cardiac diseases.” (Erik H. VanIterson, Doody’s Review Service, June, 2011)

Cardiac diseases are still the leading causes of death in industrialized countries. They induce considerable harm to survivors and often lead to severe and irreversible physical and neurological disabilities. However, a considerable amount can be done to prevent coronary artery disease or to slow the progression of the disease. Both can be achieved by tackling the panoply of modifiable risk factors, which have been identified to be amenable to lifestyle changes. Cardiac Rehabilitation Manual covers the general principals of exercise testing and training as well as nutritional and psychological support. After these fundamentals of cardiac rehabilitation have been laid out in appropriate depths, chapters follow on common cardiac diseases. Cases include symptomatic coronary artery disease with or without diabetes, myocardial infarction or revascularization, cases of heart failure in rather stable conditions, with or without cardiac devices. The book concludes with cardiac rehabilitation in patients with congenital cardiovascular diseases, valvular surgery, and peripheral arterial disease with claudication. Critically, the content is not presented in text book style, but rather taught on representative clinical cases, focusing on a particular patient and discussing the most appropriate diagnostic tools and treatment options. It is thus designed to be a practical guide for doctors – many of whom have little direct experience in cardiac rehabilitation – and geared to help them guide their patients through the options available to maximize their health status.

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