

The more we understand about high blood pressure, the better we can control it. In this handbook, experts in the field answer frequently asked questions and give the reader the information they need to bring their blood pressure down - and keep it down. The guide provides medically accurate answers to real-life questions asked by people with high blood pressure; plain English explanations of medical jargon; answers to questions people feel uneasy about asking their doctors; details of organizations offering information and support; and positive, practical advice on all aspects of living with high blood pressure.

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