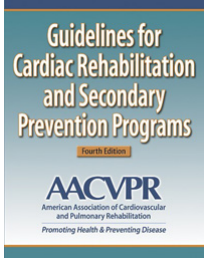


GUIDELINES FOR CARDIAC REHABILITATION AND SECONDARY PREVENTION PROGRAMS

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DESCRIPTION:

Keeping pace with rapid changes in the field, the fourth edition of Guidelines for Cardiac Rehabilitation and Secondary Prevention Programs has been completely revised, including a new chapter on nutrition and plant-based diets as a treatment option in cardiac rehabilitation. This definitive book provides the most current models for designing and updating rehabilitation programs for patients and preventing a second episode. You will find the latest information on changes in lifestyle behaviors and reduction of risk factors for disease progression and necessary information for softening the impact of cardiovascular disease on quality of life, morbidity, and mortality.

Guidelines for Cardiac Rehabilitation and Secondary Prevention Programs, Fourth Edition, addresses the cost effectiveness of interventions that educate and motivate patients to assume personal responsibility for long-term disease prevention. There's a new model for managing the disease through education, risk factor intervention, exercise, and symptom recognition, plus a management model that covers related chronic diseases including diabetes, asthma, osteoporosis, and cancer.

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