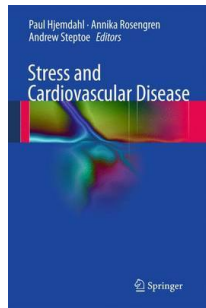


**STRESS AND CARDIOVASCULAR DISEASE**



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## **DESCRIPTION:**

The main aim of this book is to evaluate the concept of stress and provide tools for physicians to identify patients who might benefit from stress management. This will incorporate a detailed description of the physiological and pathophysiological consequences of acute and chronic stress that might lead to cardiovascular disease. The book will aim to critically evaluate interventional research (behavioural and other therapies) and provide evidence based recommendations on how to manage stress in the cardiovascular patient. Our intentions are to define and highlight stress as an etiological factor for cardiovascular disease, and to describe an evidence based "tool box" that physicians may use to identify and manage patients in whom stress may be an important contributing factor for their disease and their risk of suffering cardiovascular complications.

## **CONTENTS:**

Psychosocial factors and stress

What is "stress":How did the concept develop? (studies by Selye, Henry, Folkow, etc.)

Acute vs. chronic stress

"Positive" and "negative" stress?

Demands, coping, homeostasis, allostasis

Psychosocial factors (divided into psychological and social)

Personality factors, social demands & support, life events, etc.?

Work stress

Demands in modern society

Karasek model of control

Sleep disturbances

An important symptom and a mediator in stress

Physiological adaptation to stress

Defence reactions (arousal fight or flight) - defeat reactions

Acute vs. chronic

Can be divided in different ways, should include: cardiovascular responses, neurohormonal responses, immunology/inflammation, metabolism, haemostatic responses

Pathophysiological Mechanisms

Triggering of acute events

Dysfunctional mechanisms activated by chronic stress

Clinical studies

Methodological aspects - this may be written jointly by us to "set the stage", and should give readers a "toolbox" with which they can identify scientifically good and weak studies

Epidemiology

Observational studies

Interventional studies

Triggering of cardiovascular events by short-term stress

Earth quakes, soccer etc

Diagnostic aspects in chronic stress

Diagnostic tools (structured interviews, questionnaires, rating scales,laboratory?)

Differential diagnoses

Chronic stress - epidemiology

Cardiovascular disease and its risk factors (obesity, diabetes, hypertension)

Landmark studies

Whitehall

Interheart, other studies (to be decided)

Overview of observational studies on interventions

Overview of experimental (randomized, controlled) studies on interventions

Recommendations based on the best available evidence

"Hands on" recommendations regarding evidence based care of "stressed" patients.

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