

The book was found

# Hypertension And You: Old Drugs, New Drugs, And The Right Drugs For Your High Blood Pressure

SAMUEL J. MANN, MD

## Hyper- tension and You

*Old Drugs, New Drugs,  
and the Right Drugs for  
Your High Blood Pressure*

- OFFERS CLEAR INFORMATION ON OLD AND NEW BP DRUGS
- PROVIDES ADVICE ON MINIMIZING DRUG SIDE EFFECTS
- GUIDES READERS TO WORK WITH DOCTORS TO FIND THE RIGHT MEDICATIONS



## Synopsis

Many of the nearly 70 million Americans with hypertension (high blood pressure) would like to bring it under control through lifestyle changes such as losing weight, cutting back on salt, exercising, or reducing stress. But, like it or not, most will require medication to get their blood pressure where it needs to be. The good news is that we have many excellent blood pressure medications which, when prescribed wisely, can control hypertension in almost everyone. The bad news is that, despite good intentions, doctors are placing millions of people who have hypertension on medications, drug combinations, or doses that are wrong for them, with staggering consequences that include uncontrolled hypertension, higher risk for stroke and heart attack, avoidable side effects, and billions of wasted health care dollars. Here, Dr. Mann, a nationally recognized hypertension specialist, identifies the drugs most likely to have side effects, and those that can be used in their place. He describes the shortcomings of some of the new drugs, while also introducing readers to some excellent old drugs that are woefully underused as a result of the publicity blitz surrounding the new, expensive ones. He emphasizes the importance of matching the medication and dosage to the individual who will be taking them, and presents the overlooked clues that can tell us who should be on which drug (even an excellent drug can be the wrong one if it is given to the wrong person or in the wrong dose). *Hypertension and You* is directed at the more than 50 million Americans (including a majority of people over the age of 60) who are taking blood pressure medication. Many patients suspect they might be on the wrong medication, but don't know enough to be sure. This book shows how medications can be prescribed more wisely to achieve better results and gives patients the knowledge they need to capably discuss their medications with their health care providers. *Hypertension and You* provides many ideas and approaches that will be new to readers, and also to many physicians, and which no other book offers. It's the first book to make the case that something is terribly wrong with how doctors are prescribing drugs for this condition. It provides readers with better knowledge of the available medications, empowering them to work with their physician to get onto the medications that are right for them.

## Book Information

File Size: 5957 KB

Print Length: 204 pages

Publisher: Rowman & Littlefield Publishers (June 16, 2012)

Publication Date: June 16, 2012

Sold by:Â Digital Services LLC

Language: English

ASIN: B008KKXS8S

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #282,329 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #35

inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > High Blood Pressure #41

inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Injuries &

Rehabilitation #41 inÂ Kindle Store > Kindle eBooks > Medical eBooks > Specialties > Physical

Medicine & Rehabilitation

## Customer Reviews

I read this book before making a follow-up visit with my hypertension specialist. I had determined that most of the medicines I had tried up until then were giving me shortness of breath when doing practically nothing at all, except two of them, losartan and HCTZ (hydrochlorothiazide). I explained that I was no longer going to take the third medicine and suggested that we raise the dose of the HCTZ. She said that there was no "middle ground" dose between 25 mg and 50 mg but I replied that there is a way to get 37.5 mg by prescribing 3 capsules daily of the 12.5 mg dose and we went with that. I have a blood test to have done soon to check my potassium levels, and the book suggested that, too. For the most part, the losartan and HCTZ are keeping my BP under 140/80 and I no longer am short of breath after walking across the room. That's all it used to take to make me have to stop and catch my breath. I've had a few readings just above 150 on the systolic reading. I plan to ask if I can be prescribed 4 of these daily with directions to take 3 and add another only if I encounter a somewhat salty meal, like the author of the book does with some of his patients. The author explains very well what the angiotensin-renin system is in the body and what medicines act on the various stages of that system. He also explains how diuretics like HCTZ work, what others are available, and why a potassium-sparing diuretic might be used alongside a regular one. There is also hypertension aggravated by stress, though it's not the major cause of most people's hypertension, and how that can be addressed with certain medicines. The book filled in some of the blank areas in my medical knowledge about hypertension.

I thought my mild hypertension was well controlled and then found out a few months ago that I had been getting lower numbers because of the way I took it. So I began to take it the right way and was disturbed to find out it was sometimes higher than I wanted it to be, i.e., higher than 120/80. So I began a journey of investigating various books, probably 50 in all, looking for information and solutions to hypertension. Like so many people, I first hoped for just a "natural" solution but when I tried to get off one of the medications I've been on for the last 8 years, I got very sick. Then I stumbled upon HYPERTENSION AND YOU and because of the good reviews and the realistic and helpful premise of the book--finding the right drug for me with helpful hints on talking to my doctor about it--I got the book. Wow! This is an amazing book that has changed my life in real ways for the better. It clearly educated me on how the body works and what causes hypertension, what might be causing my hypertension, and the classes of drugs that treat the different causes of hypertension. It is simply magnificent in its clarity about every issue involved from the costs of different drugs, the correct dosages, the side effects, etc. The book is very clear, logical, and not too difficult for the lay person, although it is not an easy read. My copy is underlined and dog eared and I have passed it on to my husband, a physician, to read to make sure I have understood everything. What did I find out for myself? I found out that I am on exactly the correct combination of 2 drugs I should be on! Yeah! I may ask my doctor to tweak the dosage slightly on one of the two but I will wait to see because I'm doing so well.

[Download to continue reading...](#)

High Blood Pressure Cure: How To Lower Blood Pressure Naturally in 30 Days (Alternative Medicine, Natural Cures, Natural Remedies, High Blood Pressure ... Cures for High Blood Pressure, High Bl) Hypertension and You: Old Drugs, New Drugs, and the Right Drugs for Your High Blood Pressure Pressure Cooker: 365 Days of Electric Pressure Cooker Recipes (Pressure Cooker, Pressure Cooker Recipes, Pressure Cooker Cookbook, Electric Pressure Cooker ... Instant Pot Pressure Cooker Cookbook) Blood Type Diet: An Essential Guide For Eating Based On Your Blood Type (blood type, blood type diet, blood type a, blood type o, blood type ab, blood type b, blood type diet success,) Pressure Cooker: Mouthwatering Pressure Cooker Recipes - Granny's Pick Size L Recipes Collections(Pressure Cooking,Pressure Cooker Books,Pressure Cooker Recipe Book, Pressure Cooker Dump Dinner) High Blood Pressure Explained: Natural, Effective, Drug-Free Treatment for the "Silent Killer": (Blood Pressure, Hypertension, Heart Health, Naturopathy, Natural Remedies) Blood Pressure Box set: Blood Pressure Solution - How To Lower Your Blood Pressure & Cholesterol Without Medication, Just By Using Natural Remedies and Diet! Blood Pressure Solutions:Blood Pressure: 28 Super-foods that will naturally lower your blood pressure (super foods,

Dash diet, low salt, healthy eating) What Your Doctor May Not Tell You About(TM): Hypertension: The Revolutionary Nutrition and Lifestyle Program to Help Fight High Blood Pressure (What Your Doctor May Not Tell You About...(Paperback)) Pressure Cooker Cookbook: 3 In 1 Box Set - 310 Mouth-Watering and Healthy Pressure Cooker Recipes for Stove Top and Electric Pressure Cookers (Pressure Cooker, Pressure Cooker Recipes) Cardiovascular Disease: Fight it with the Blood Type Diet: The Individualized Plan for Treating Heart Conditions, High Blood Pressure, High ... (Eat Right 4 (for) Your Type Health Library) Control High Blood Pressure Without Drugs: A Complete Hypertension Handbook Lower Your Blood Pressure Naturally: Drop Pounds and Slash Your Blood Pressure in 6 Weeks Without Drugs Reversing Hypertension: A Vital New Program to Prevent, Treat, and Reduce High Blood Pressure Reversing Hypertension: A Vital New Program to Prevent, Treat, and Reduce High Blood Pressure (Healthtext Audio) 500 High Fiber Recipes: Fight Diabetes, High Cholesterol, High Blood Pressure, and Irritable Bowel Syndrome with Delicious Meals That Fill You Up and Help You Shed Pounds! High Blood Pressure Cure & Aging Well Box Set: How to Lower Blood Pressure Naturally and Make the Best of Your Golden Years Cooking Under Pressure -The Ultimate Electric Pressure Recipe Cookbook and Guide for Electric Pressure Cookers.: New 2016 Edition - Now Contains 250 Electric Pressure Cooker Recipes. Blood Pressure Down: The 10-Step Plan to Lower Your Blood Pressure in 4 Weeks--Without Prescription Drugs Blood Pressure Solution: How To Prevent And Manage High Blood Pressure Using Natural Remedies Without Medication

[Dmca](#)