

Humana

1st  
edition1st ed. 2021, X, 279 p. 26  
illus., 21 illus. in color.**Printed book**

Hardcover

**Printed book**

Hardcover

ISBN 978-3-030-78176-7

£ 179,99 | CHF 236,00 | 199,99 € |  
219,99 € (A) | 213,99 € (D)

Available

**Discount group**

Standard (0)

**Product category**

Professional book

**Series**

Contemporary Cardiology

**Other renditions**

Softcover

ISBN 978-3-030-78178-1

Medicine : Cardiology

Wilkinson, M.J., Garshick, M.S., Taub, P.R. (Eds.)

# Prevention and Treatment of Cardiovascular Disease

**Nutritional and Dietary Approaches**

- Discusses proper diet and nutrition for preventing dyslipidemia, cardiometabolic disease, and obesity
- Clearly delineates between diet and lifestyle interventions that are evidence-based and those which should be considered experimental
- Provides an up-to-date review of the many current diet and lifestyle trends and controversies
- Examines dietary approaches to inflammation and the role of the microbiome in CVD

This book discusses all aspects of non-pharmacologic approaches to primary and secondary CVD prevention. It highlights the strength of evidence for particular diet styles in CVD prevention, including plant-based diets, the Mediterranean diet, the DASH diet, and low-carbohydrate diets. Chapters present evidence and future directions for diet and nutrition in diseases related to CVD, such as dyslipidemia, cardiometabolic disease (pre-diabetes, the metabolic syndrome, type-2 diabetes mellitus), and obesity. Finally, the book reviews novel and emerging aspects of dietary intervention in CVD prevention, such as dietary approaches to inflammation and the role of the microbiome in CVD. Up-to-date, evidence-based, and clinically oriented, *Prevention and Treatment of Cardiovascular Disease: Nutritional and Dietary Approaches* is an essential resource for physicians, residents, fellows, and medical students in cardiology, clinical nutrition, family medicine, endocrinology, and lipidology.

**Order online at [springer.com/booksellers](https://www.springer.com/booksellers)****Springer Nature Customer Service Center GmbH**

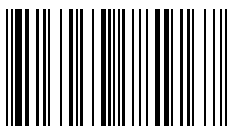
Customer Service

Tiergartenstrasse 15-17

69121 Heidelberg

Germany

T: +49 (0)6221 345-4301

[row-booksellers@springernature.com](mailto:row-booksellers@springernature.com)

ISBN 978-3-030-78176-7 / BIC: MJD / SPRINGER NATURE: SCH33037

Prices and other details are subject to change without notice. All errors and omissions excepted. Americas: Tax will be added where applicable. Canadian residents please add PST, QST or GST. Please add \$5.00 for shipping one book and \$ 1.00 for each additional book. Outside the US and Canada add \$ 10.00 for first book, \$5.00 for each additional book. If an order cannot be fulfilled within 90 days, payment will be refunded upon request. Prices are payable in US currency or its equivalent.

Part of **SPRINGER NATURE**