

1st ed. 2021, X, 279 p. 26 illus., 21 illus.  
in color.

### Printed book

Hardcover

199,99 € | £179.99 | \$249.99

<sup>[1]</sup>213,99 € (D) | 219,99 € (A) | CHF  
236,00

### eBook

160,49 € | £143.50 | \$189.00

<sup>[2]</sup>160,49 € (D) | 160,49 € (A) | CHF  
188,50

Available from your library or  
[springer.com/shop](https://springer.com/shop)

### MyCopy <sup>[3]</sup>

Printed eBook for just

€ | \$ 24.99

[springer.com/mycopy](https://springer.com/mycopy)

[Error\[en\\_EN | Export.Bookseller.  
MediumType | SE\]](#)

Michael J. Wilkinson, Michael S. Garshick, Pam R. Taub (Eds.)

# Prevention and Treatment of Cardiovascular Disease

Nutritional and Dietary Approaches

Series: Contemporary Cardiology

- 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](https://springer.com) / or for the Americas call (toll free) 1-800-SPRINGER / or email us at: [customerservice@springernature.com](mailto:customerservice@springernature.com). / For outside the Americas call +49 (0) 6221-345-4301 / or email us at: [customerservice@springernature.com](mailto:customerservice@springernature.com).

The first € price and the £ and \$ price are net prices, subject to local VAT. Prices indicated with [1] include VAT for books; the €(D) includes 7% for Germany, the €(A) includes 10% for Austria. Prices indicated with [2] include VAT for electronic products; 19% for Germany, 20% for Austria. All prices exclusive of carriage charges. Prices and other details are subject to change without notice. All errors and omissions excepted. [3] No discount for MyCopy.

