



# The ESC Handbook of Preventive Cardiology: Putting prevention into practice (The European Society of Cardiology Textbooks)

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*The ESC Handbook of Preventive Cardiology* is a 'how-to' manual for busy healthcare professionals. Complementing the 2012 Joint European Guidelines on cardiovascular disease prevention and in line with recommendations from the European Association of Cardiac Prevention and Rehabilitation, it is an invaluable source of tools and skills to assist with the delivery of effective cardiovascular disease prevention.

While acknowledging that cardiovascular disease prevention efforts must be complemented by societal and community based strategies, this handbook focuses on practical strategies that can be used in clinical settings. Concise and easily accessible, it guides readers through the patient and family pathway - from patient identification, recruitment of the patient and family, assessing lifestyle and risk factors, to managing lifestyle change, reducing risk factors, and compliance with cardio-protective drug therapies. Information on how to deliver a health promotion workshop programme and run a supervised exercise programme is also included.

Previously published as *Preventive Cardiology: A practical manual* and now fully revised and updated and packed with checklists and diagrams, such as risk estimation charts, *The ESC Handbook of Preventive Cardiology* helps health workers contribute in real and practical ways to the prevention of atherosclerotic cardiovascular disease.

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