



Sindrome metabolica (Italian Edition)

Michael J. Blaha, Rajesh Tota-Maharaj

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Questo volume propone una trattazione esaustiva e completa della sindrome metabolica, sotto vari aspetti, tutti molto attuali. Il volume non solo tratta l'argomento affrontandolo in modo classico ma, per la prima volta, descrivendo aspetti quali la relazione tra sindrome metabolica e malattie epatiche, tra la sindrome metabolica e la sleep apnea o l'impatto della stessa nelle popolazioni pediatriche, offrendo una visione molto moderna del problema.

Di estremo interesse per l'approfondimento è inoltre la descrizione dei maggiori trials clinici che si sono occupati dell'argomento.

Infine, la descrizione dell'approccio tipo ABCDE (Assessment, Blood Pressure, Cholesterol, Diet, Exercise), elaborato dagli specialisti del Johns Hopkins Hospital di Baltimora (USA), offre un suggerimento pratico per la gestione della sindrome.

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