

Natural Medicine for Heart Disease: The Best Alternative Methods for Prevention and Treatment : High Cholesterol, High Blood Pressure, Stroke, Chest Pain, Other Circulatory Problems. 9780875962894. Rodale Press, 1996. 233 pages. Glenn Rothfeld. 1996

High blood pressure threatens your health and quality of life. In most cases, the damage done by high blood pressure (HBP, or hypertension) takes place over time. Left undetected (or uncontrolled), high blood pressure can lead to: Heart attack – High blood pressure damages arteries that can become blocked and prevent blood flow to the heart muscle. Stroke – High blood pressure can cause blood vessels in the brain to clog more easily or even burst. Heart failure – The increased workload from high blood pressure can cause the heart to enlarge and fail to supply blood to the body. Kidney disease or failure – High blood pressure can damage the arteries around the kidneys and interfere with their ability to filter blood effectively. Having untreated high cholesterol can increase your risk of heart disease, heart attack, and stroke. Read on to learn more about options for high cholesterol treatment. High-density lipoprotein (HDL) cholesterol is the healthy kind that helps clear LDL cholesterol from your blood. If your LDL or total cholesterol levels are too high, your doctor can recommend lifestyle changes and medications to improve them. Here are some tips to help bring your cholesterol numbers into a healthy range. Figure out your risks. High cholesterol might not be the only threat to your heart. Having any of these risk factors can increase your chances of having a heart attack or stroke: a family history of heart disease. High Cholesterol (Hypercholesterolemia) - an easy to understand guide covering causes, diagnosis, symptoms, treatment and prevention plus additional in depth medical information. There is no consensus on the best diet. The most effective diet to lower total and LDL cholesterol is a vegetarian diet. However, this is not an easy diet to follow.