



High Blood Pressure: The 'At Your Fingertips' Guide

Tom Fahey, Deirdre Murphy, Julian Tudor Hart

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High Blood Pressure – the ‘at your fingertips’ guide is the essential handbook for straightforward and medically accurate information about your blood pressure. Packed full of information about how to get your blood pressure down - and keep it down, it is a must for anyone interested in controlling their blood pressure. It covers everything, from the causes of high blood pressure to the symptoms and treatments. Also deals with everyday, lifestyle issues such as work, travel, sex and much more.

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