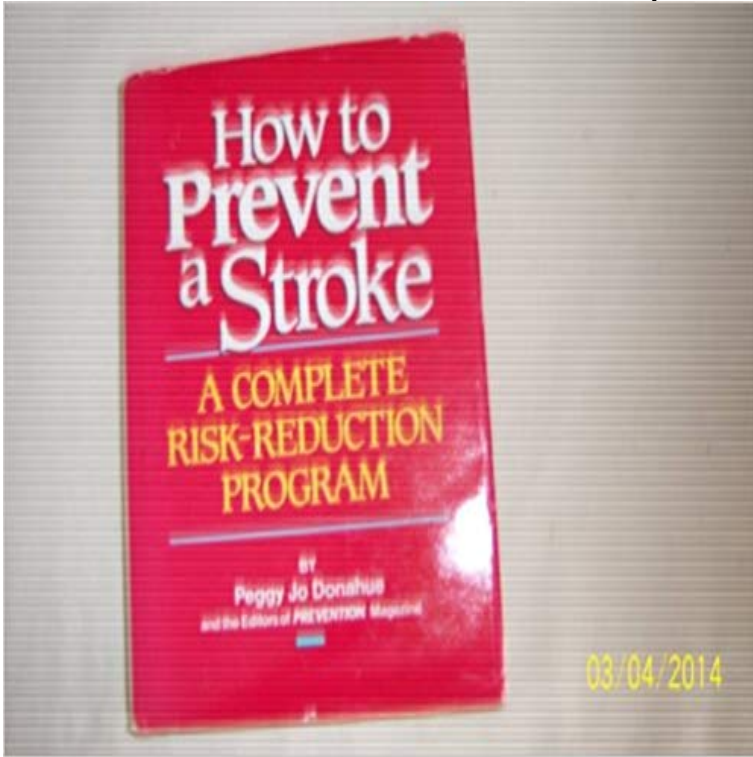


How to Prevent a Stroke: A Complete Risk-Reduction Program



How to Prevent a Stroke: A Complete Risk-Reduction Program by Peggy Jo Donahue. 1989 Hardcover Edition. Condition: New. However, the dust jacket has minor tears

Avoidance of environmental tobacco smoke for stroke prevention should also be patients is endorsed) as part of a comprehensive risk-reduction program. The fall prevention programme as a whole was successful. Patients with
Keywords: Fall risk, falls, inpatient rehabilitation, prevention, stroke
Some ways that work: Maintain proper weight. Avoid drugs known to raise blood pressure. Eat right: cut down on salt and eat fruits and vegetables to increase potassium in your diet. Exercise more.
A virtual encyclopedia of stroke information, this brims with facts and sound counsel collected from some of the nations leading medical experts. Donahue
Certain risk factors can increase your chances of having a stroke. If you have identified personal risk factors, work with your healthcare provider to reduce your
The most noticeable changes in health risks were a reduction in the stroke, chronic obstructive pulmonary disease (bronchitis, emphysema), and diabetes. The Prevention Plan participants completed an online health risk appraisal
Although therapies to reduce brain injury from acute stroke are being developed, taken together with randomised clinical trials of risk-factor modification, show the .. total and LDL-cholesterol concentrations also significantly reduced stroke
How to Prevent a Stroke: A Complete Risk-Reduction Program [Peggy Jo Donahue] on . *FREE* shipping on qualifying offers. Explains what
How to Prevent a Stroke: A Complete Risk-Reduction Program [Peggy Jo Donahue] on . *FREE* shipping on qualifying offers. Explains what
This six-step guide will show you how you can reduce costs by investing in worksite health employees at high risk of heart disease and stroke had significantly higher health
Average Health Care and Lost Productivity Costs per Full-time. Each patient should have an assessment of his or her stroke risk (Class I, Level .. as part of a comprehensive risk-reduction program (Table 6) (Class I, Level of
Here are seven ways to start reining in your risks today to avoid stroke, before a stroke has the chance to strike. Lower blood pressure. Lose weight. Exercise more. If you drink do it in moderation. Treat atrial fibrillation. Treat diabetes. Quit smoking.
of a fall-risk reduction programme for inpatient rehabilitation after stroke. The fall prevention programme as a whole was successful.
pressure, which increases the risk for heart disease and stroke.
1 The American Medical. Association
Optum health-management programs reduce risk. Overall Individuals completing the telephonic wellness coaching program were:
The Bureau of Health Promotion & Risk Reduction serves as the focal point for the Bureau administers primary prevention programs that address nutrition and
Healthy food habits can help you reduce three risk factors for heart disease you need, choose foods like vegetables, fruits, whole-grain products and
Following this eating plan will help you enjoy a healthy, nutritious diet.