



# The American Medical Association Essential Guide to Hypertension

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High blood pressure, or hypertension, affects about one in four Americans -- but this potentially life-threatening condition can exist virtually without symptoms.

Now, the latest medical advances that can help prevent the damaging effects of hypertension are compiled in a convenient reference under the authority of the American Medical Association. Here is clear, concise information that can help you to:

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Also included is information about hypertension among pregnant women, African-Americans, children, seniors, and people with diabetes; answers to commonly asked questions; a glossary of related terms; and a directory of addresses and Web sites for up-to-the-minute medical news. You'll find everything you need to help manage your blood pressure in the *American Medical Association Essential Guide to Hypertension*.

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