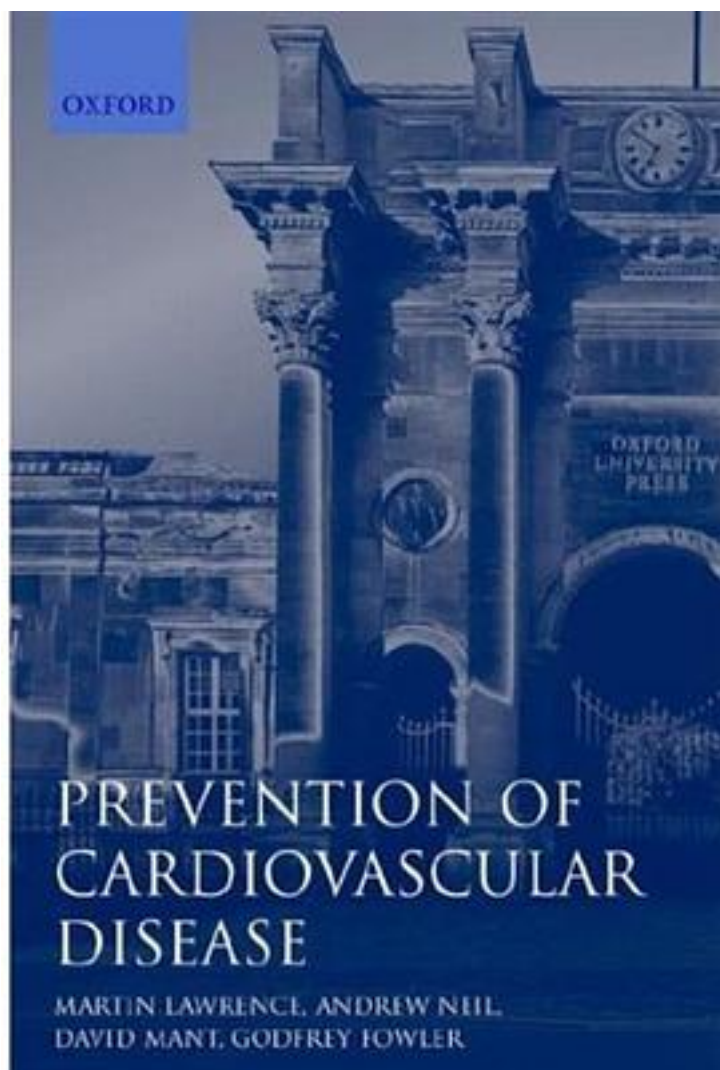


Prevention of Cardiovascular Disease



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Cardiovascular disease remains the greatest cause of morbidity and mortality. Over the past 10-15 years many studies have clarified the risks that are important, and the interventions which are effective. This book breaks new ground in both providing clear recommendations on what should be done, and the evidence on which these recommendations are based. It accords with current views that guidelines should be based on evidence, and that the evidence should be clear. The book is split into three sections: the first reviews the risk factors for cardiovascular disease and the clinical effectiveness of reducing them; the second examines methods of implementation in practice; and the final section makes practical recommendations, explicitly based on the evidence in the first two sections.

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