

SALEM PRESS

Published & Distributed by Grey House Publishing

For Immediate Release

August 28, 2024

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Salem Press Announces the Newest Addition to The *Principles of Health* Series, *Hypertension*

Principles of Health: Hypertension introduces students and researchers to the fundamentals of this potentially life-threatening condition. Entries explore topics including the causes, consequences, medical treatments, nonmedical treatments, and socioeconomic factors of hypertension. The major factors that contribute to blood pressure are covered as well.

This work begins with a comprehensive Editor's Introduction to the topic of hypertension. Following the Introduction, *Principles of Health: Hypertension* includes nearly 160 entries arranged in six broad categories:

- **Blood Pressure and Hypertension** describes the major factors that contribute to blood pressure and the role they play in the development of hypertension. Entries in this section include biological factors, systems and organs, and medical interventions.
- **Causes of Hypertension** details nearly 70 causal factors in the development of hypertension, from substance misuse to disorders and psychological considerations such as chronic stress. Among the topics discussed in this section are alcohol and drug misuse, Cushing syndrome, diabetes, leukemia, polycystic kidney disease, and psychological facets such as stress and type A behavior patterns.
- **Consequences of Hypertension** goes into detail about the outcomes of living with hypertension, which can range from mild, such as headaches, to life-threatening, such as heart attacks and stroke. Rare conditions are also discussed, such as Bell palsy.
- **Medical Treatments for Hypertension** looks at the common medical interventions used to treat hypertension, including antihypertensives, betablockers, calcium channel blockers, diuretics, and hydralazine. Interventions for older adults specifically are also discussed in detail, including anti-aging treatments, geriatrics and gerontology, and general health care for older adults.
- **Nonmedical Treatments for Hypertension** features contemporary and alternative medicine (CAM) approaches to treating hypertension and some of the factors that cause it. Since stress is a major consideration, there are numerous articles on different forms of stress management, including art therapy, biofeedback, exercise-based therapies, meditation, music therapy, self-care, and walking. Articles on diet and nutrition are also included, as they apply to different age and ethnic groups, as well as general nutrition for overall wellness.

- **Socioeconomic Factors of Hypertension** looks at environmental factors that can lead to hypertension, particularly poverty and the mental health concerns that can arise from it. Special attention is paid to the minority experience, as well as older adults, and military veterans.

Some the entries discussed in this volume include:

- Aging and Genetics
- Hypertension and Sodium
- Heart Disease and Genetics
- Beta-Blockers
- Biofeedback
- Poverty and Older Americans
- Nutrition-Based Therapies
- Human Genetics

Each essay includes valuable top matter—**Category**, **Definition**, and **Key Terms**—and ends with a helpful **Further Information** section. **Photos and illustrations** enhance many of the entries. In addition, *Principles of Health: Hypertension* includes helpful back matter, such as a comprehensive **Bibliography**, a **Glossary**, a list of **Organizations**, and a **Subject Index**.

Essays are comprehensive and accessible to high school and undergraduate students and general readers interested in hypertension—a must-have resource for students and researchers building a foundation in the study of this topic.

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Principles of Health: Hypertension

ISBN: 978-1-63700-804-1

756 pages

\$165.00

eBook ISBN: 978-1-63700-805-8

Publisher: Salem Press

Other Volumes in this Series:

Principles of Health: Anxiety & Stress

Principles of Health: Depression

Principles of Health: Diabetes

Principles of Health: Nursing

Principles of Health: Obesity

Principles of Health: Pain Management

Principles of Health: Prescription Drug Abuse

Principles of Health: Allergies & Immune Disorders

Principles of Health: Occupational Therapy & Physical Therapy