



Home Blood Pressure Monitoring

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Abstract: Hypertension remains a leading cause of disability and death worldwide. Self-monitoring of blood pressure by patients at home is currently recommended as a valuable tool for the diagnosis and management of hypertension. Unfortunately, in clinical practice, home blood pressure monitoring is often inadequately implemented, mostly due to the use of inaccurate devices and inappropriate methodologies. Thus, the potential of the method to improve the management of hypertension and cardiovascular disease prevention has not yet been exhausted. This volume presents the available evidence on home blood pressure monitoring, discusses its strengths and limitations, and presents strategies for its optimal implementation in clinical practice. Written by distinguished international experts, it offers a complete source of information and guide for practitioners and researchers dealing with the management of hypertension.

Contents:	1. Devices for Home Blood Pressure Monitoring – 2. Cuff Design for Home Blood Pressure Monitors – 3. Home Blood Pressure and Preclinical Organ Damage – 4. Home Blood Pressure as Predictor of Adverse Health Outcomes – 5. Diagnostic Value of Home Blood Pressure – 6. Home Blood Pressure Monitoring Schedule – 7. Home Blood Pressure Monitoring for Treatment Titration – 8. Home Blood Pressure Monitoring, Treatment Adherence and Hypertension Control – 9. Home Blood Pressure Monitoring: Cost-Effectiveness, Patients' Preference and Barriers for Clinical Use – 10. Home Blood Pressure Monitoring in Clinical Research – 11. Home Blood Pressure Telemonitoring: Conventional Approach and Perspectives from Mobile Health Technology – 12. Nocturnal Home Blood Pressure Monitoring – 13. Home Blood Pressure Monitoring in Children, Pregnancy, and Chronic Kidney Disease – 14. Home Blood Pressure Variability – 15. Home Versus Ambulatory Blood Pressure Monitoring – 16. Guidelines for Home Blood Pressure Monitoring.
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