The Harvard Medical School Guide to Lowering Your Cholesterol

By Christine Junge, Mason Freeman

Tata McGraw-Hill Education Pvt. Ltd., 2005. Softcover. Condition: New. First edition. From the experts at one of the world’s most respected medical schools—your complete guide to managing cholesterol and staying healthy for life. Everybody knows that high cholesterol is something to be concerned about. But what does it really mean when your doctor tells you that your cholesterol levels are high, and what should you do about it? If you’re worried about your cholesterol, here’s your chance to get the answers you need from a top expert at the Harvard Medical School. As founder and chief of the prestigious Lipid Metabolism Unit at Massachusetts General Hospital, Dr. Mason W. Freeman treats hundreds of patients each year and oversees breakthrough cholesterol research. In The Harvard Medical School Guide to Lowering Your Cholesterol he explains: * What cholesterol is and the difference between “good” and “bad” cholesterol * How to assess your risk for high cholesterol * How to work with your doctor to develop the best treatment plan for you * Cholesterol-lowering drugs—who should take them, what to look out for, and how to be sure your doctor is monitoring you properly * How to manage your cholesterol through diet and...

Reviews

This created book is wonderful. It is amongst the most amazing book i have got go through. I am just effortlessly will get a enjoyment of looking at a created publication.
-- Prof. Jasper Murazik PhD

Unquestionably, this is the greatest job by any author. It really is simplistic but shocks inside the fifty percent in the book. I am just pleased to inform you that here is the greatest book i actually have go through within my own existence and could be he greatest ebook for at any time.
-- Elva Kemmer