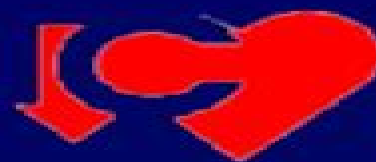


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Adult Treatment Panel III (ATP III) Guidelines

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National Cholesterol Education Program Guidelines 201

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knowledge you need to lower your cholesterol levels and keep them that way Concepts of Physical Fitness: Active Lifestyles for Wellness Charles Corbin, Karen Welk, 2008-10-30 Through the use of activity labs and logs Concepts of Physical Fitness provides readers with the self management skills necessary to adopt a healthy lifestyle *Excerpta Medica* ,1991

Coronary Heart Disease & Risk Factor Management Nalini Jairath, 1999 No other book delves as deeply into the important role the nurse plays in the management of risk factors for coronary heart disease Written specifically for nurses it provides the skills necessary to prevent and reduce the risk of coronary heart disease and limit its damaging effects This text helps nurses teach at risk patients and patient populations to minimize such factors as elevated serum cholesterol smoking and a sedentary lifestyle Nurses will also learn how to teach patients to help themselves through sensitization activities patient education stress management and behavior modification skills training Interventions can be used in any nursing environment hospitals cardiac rehabilitation programs or outpatient settings American Journal of Health Education ,2007

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