



Hipertension Arterial: Día a día calidad de vida (Colección Salud) (Spanish Edition)

Cinthia Ramírez

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La Hipertensión Arterial es una de las enfermedades que más afectan hoy en día a la población mundial... ¿Sabía usted que alrededor del mundo, existen un billón de personas con este padecimiento? A pesar de ser un problema global, pocos conocen el significado de vivir con esta enfermedad. ¿Cómo la identifico? Existen síntomas a los que les debemos de prestar atención como dolor de cabeza, zumbidos en los oídos, visión borrosa, etc. Cabe destacar que algunos de los signos que la identifican, se presentan cuando la enfermedad está avanzada. Un estilo saludable de vida le permitirá evitar complicaciones, pero la información es una herramienta que debe considerar para su tranquilidad.

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