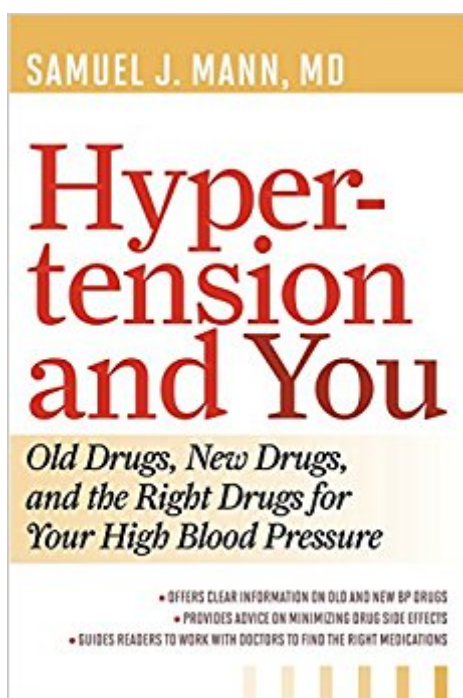


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# Hypertension And You: Old Drugs, New Drugs, And The Right Drugs For Your High Blood Pressure



## Synopsis

Many of the nearly 70 million Americans with hypertension (high blood pressure) would like to bring it under control through lifestyle changes such as losing weight, cutting back on salt, exercising, or reducing stress. But, like it or not, most will require medication to get their blood pressure where it needs to be. The good news is that we have many excellent blood pressure medications which, when prescribed wisely, can control hypertension in almost everyone. The bad news is that, despite good intentions, doctors are placing millions of people who have hypertension on medications, drug combinations, or doses that are wrong for them, with staggering consequences that include uncontrolled hypertension, higher risk for stroke and heart attack, avoidable side effects, and billions of wasted health care dollars. Here, Dr. Mann, a nationally recognized hypertension specialist, identifies the drugs most likely to have side effects, and those that can be used in their place. He describes the shortcomings of some of the new drugs, while also introducing readers to some excellent old drugs that are woefully underused as a result of the publicity blitz surrounding the new, expensive ones. He emphasizes the importance of matching the medication and dosage to the individual who will be taking them, and presents the overlooked clues that can tell us who should be on which drug (even an excellent drug can be the wrong one if it is given to the wrong person or in the wrong dose). *Hypertension and You* is directed at the more than 50 million Americans (including a majority of people over the age of 60) who are taking blood pressure medication. Many patients suspect they might be on the wrong medication, but don't know enough to be sure. This book shows how medications can be prescribed more wisely to achieve better results and gives patients the knowledge they need to capably discuss their medications with their health care providers. *Hypertension and You* provides many ideas and approaches that will be new to readers, and also to many physicians, and which no other book offers. It's the first book to make the case that something is terribly wrong with how doctors are prescribing drugs for this condition. It provides readers with better knowledge of the available medications, empowering them to work with their physician to get onto the medications that are right for them.

## Book Information

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## Customer Reviews

A comprehensive manual on hypertension drugs, how to discuss them with your doctor and how to know you've made the best choices....It explains what high blood pressure drugs are, what they do, why you need them and when you don't. It explains doses, signs that you may be over medicated, age and gender differences, and how to avoid side effects and control costs. (St. Louis Post-Dispatch) Samuel J. Mann's new book provides a clear, concise, and easy to read approach to ensure that patients have a proper diagnosis of hypertension and receive the right medication to handle it. The book is a valuable quick read for the busy primary care physician and for anyone with high blood pressure. I applaud Sam for putting such a practical book together. (George Bakris, MD, director, ASH/U Chicago Hypertension Center, Chicago, IL) Hypertension and You by Dr. Samuel Mann is a highly readable guide for our patients on the ins and outs of blood pressure treatment. The book distinguishes itself by its lucid approach to an increasingly complex issue. I congratulate the author for his wise counsel and encourage all hypertensive patients to heed it for a longer, healthier and happier life. (Franz H. Messerli, MD, FACC, FACP, professor of clinical medicine, Columbia University College of Physicians and Surgeons, Division of Cardiology, St. Luke's-Roosevelt Hospital) Hypertension and You: Old Drugs, New Drugs, and the Right Drugs for Your High Blood Pressure is a read for those already taking blood pressure medication - and is the first book to maintain that there's something very wrong with how doctors are prescribing drugs for it. Many patients can suspect they might be on the wrong medication, and Dr. Mann, a nationally recognized hypertension specialist, identifies those drugs likely to have side effects, and what can be used instead. Pros and cons of all commonly-used drugs are discussed with an eye to fine-tuning results for a better life. Any consumer or general health holding will find this a top pick helping identify hypertension issues and how to handle treatments. (California Bookwatch)

Samuel J. Mann, M.D., is a Hypertension Specialist and Professor of Clinical Medicine, New York Presbyterian Hospital/Weill-Cornell Medical College. He has written more than 50 scientific articles and book chapters about hypertension. His articles have appeared in top medical journals such as the Journal of the American Medical Association, Annals of Internal Medicine, Archives of Internal Medicine, and American Journal of Medicine; hypertension journals such as Hypertension, Journal of Hypertension, American Journal of Hypertension, and Journal of Clinical Hypertension; and psychology journals including Psychosomatic Medicine and the Journal of Psychosomatic Research. He is the author of *Healing Hypertension: A Revolutionary New Approach*, which focuses on the mind/body connection in the treatment of high blood pressure. He has commented on medical news related to hypertension on major network television stations, and his appearances have included Earl Ubell's "Healthwatch" on WCBS and "Good Day New York" on Fox. His work has been featured in many newspapers and magazines including The New York Times, Newsday, Glamour, Longevity, and Bottom Line Health. He has lectured widely to hypertension specialists, general physicians, and to lay audiences.

My opinions: Kind of hard to follow at times, but very informative. Somebody has finally put together a cohesive, reasoned approach to treating hypertension, instead of the, "Hey, try this and let's see if it works," hit or miss guessing game that seems to be the norm these days. In my view, while we don't know what drugs will or won't be effective for someone, we can - as the good doctor argues - make some educated assumptions about what drugs make the most sense based on what is driving a person's hypertension. The more drugs someone tries that don't work and make them feel miserable, the less likely they will be to stay on any drug at all. Maximum control with the least amount of drugs and side effects possible needs to be the goal, and patients should not have to go through every awful side effect known to man to get there. Some medical professionals seem to think that a substantially diminished quality of life is a small price to pay for controlling your blood pressure, but for the person suffering those debilitating side effects, the price is not small at all.

This book changed my life. After being put on hypertension medications and seeing many doctors and specialists to prevent my blood pressure from randomly spiking. After a year and a half I was ready to give up on having a normal life. I accidentally came upon this book. It described my condition exactly and allowed me see what was going on. Doctor Samuel J. Mann gave me back my life...literally! It has been months and I have returned to work without incident of blood pressure spiking. I highly recommend this book to anyone that has problems with hypertension. It will clarify

and describe his research that will open your eyes. I just wish that the medical field would read it. It would have saved me a year and a half of feeling insecure of each day. Very grateful that I discovered it!

I had been taking a mix of ACEI and ARBs. The ARBs are very expensive. This book showed me that taking an ACE and an ARB doesn't help much at all. So I changed my "lineup" and found that increasing the dosage of the cheapest drug I was taking (captopril) made a huge difference. I should now be able to try to wean myself off of the expensive drug (valsartan) to try to cut my cost and improve my BP. This book was well worth the cost. Great ROI!

Dr. Mann's books are truly outstanding. I really appreciate the way that he clearly explains the 3 major mechanisms that can underlie hypertension and then reviews medication options for each type. I've had unsuccessfully controlled hypertension for the past several years and endured a series of very poor medication choices. Finally found a specialist who is familiar and accepting of Dr. Mann's work (the relationship between childhood trauma and hypertension remains surprisingly controversial). We were able to use Dr. Mann's book to weave together a combination of medications, herbal supplements, and lifestyle changes that has enabled me to successfully regulate my hypertension. The information in this book was absolutely invaluable. Thank you, Dr. Mann! I am so appreciative of all of your work.

This is the book if you have hypertension and you are not satisfied with the drugs prescribed by your doctor. It explains the major factors causing hypertension, how to diagnose which factors you have, categories of drugs which address these factors, side effects of these drugs, how to choose best drugs and how to avoid side effects. Information presented is deep and up to date, yet very accessible since it is written to explain these things to actual patients. Most doctors are either under or over treating people. They don't care about avoidable minor side effects. Sometimes they don't explain the reasoning behind their treatment choices and don't even tell you about different options. This book could fill in that gap in your knowledge and make you become an informed patient.

for people with high BP, this is a very important read to make sure you understand the different kinds of meds and the serious disadvantages of many

An impressive and expert evaluation of the oftentimes confounding problem of hypertension. In this

book, Dr. Mann deals essentially with pharmacological treatment of hypertension -- and explains how meds are often prescribed when they do not target the particular mechanism that is causing an individual's high blood pressure. He provides particular encouragement to those of us who have been on scores of meds, often with very negative side effects, but without the desired outcomes. The book can be somewhat technical at times, but it is a pleasure to read and leaves you with the impression that virtually anyone's hypertension can be effectively managed. Great for the lay-person -- and could benefit, I suspect, general practitioners as well.

Informative! A must read if interested in learning more about Hypertension.

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