

# The ESC Handbook of Preventive Cardiology

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## The ESC Handbook of Preventive Cardiology – spoj teorije i prakse u prevenciji kardiovaskularnih bolesti

Aktualnu problematiku s područja preventivne kardiologije, spajajući teoriju i praksu, predložuje priručnik *The ESC Handbook of Preventive Cardiology*, novo džepno izdanje izdavačke kuće *Oxford University Press*. Putokaz za pravilno snalaženje u području prevencije kardiovaskularnih (KV) bolesti osiguran je organizacijom priručnika u tri cjeline s ukupno 22 poglavlja na 240 stranica. Tekst priručnika praćen je brojnim tablicama, grafikovima i slikama, koji pridonose boljem razumijevanju opisanih tema. Priručnik završava predmetnim kazalom koje će, uz istodobno objavljeno digitalno izdanje, osigurati jednostavnije pretraživanje i omogućiti bolju iskoristivost priručnika.

U prvom trećini priručnika urednici donose osnovne informacije o prevenciji KV bolesti, kategorizaciji KV rizika, primjeni biomarkera i slikovnih metoda. U drugom se dijelu priručnika identificiraju praktični aspekti prevencije KV bolesti te se upozorava na važnost bioloških, ponašajnih i socioekonomskih čimbenika rizika, ali i na važnost zaštitnih KV čimbenika. Završni dio priručnika donosi preporuke za provođenje primarne i sekundarne prevencije u zdravstvenim ustanovama i zajednici, kao i upute za evaluaciju svih postupaka radi osiguranja kvalitetne skrbi osoba s KV bolestima.

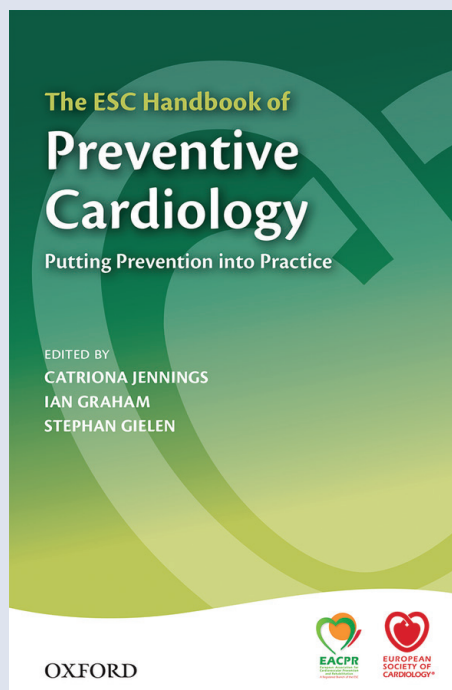
Priručnik dotiče sve bitne aspekte i probleme preventivne kardiologije. Osiguravajući nove spoznaje, pomaže u brzem identificiranju i uspješnijem rješavanju složenih organizacijskih problema. Uz iscrpan prikaz područja prevencije KV bolesti, koji osiguravaju sredinom 2015. godine objavljena knjiga *The ESC Textbook of Preventive Cardiology* i novo izdanje smjernica (*2016 European Guidelines on cardiovascular disease prevention in clinical practice*), ovaj priručnik nudi koristan sadržaj za sve stručnjake koji se bave područjem prevencije, od studenata biomedicinskog područja, zdravstvenih djelatnika pa sve do djelatnika u upravnim strukturama sustava zdravstva i predstavnika medija.

## The ESC Handbook of Preventive Cardiology – merging theory and practice in the prevention of cardiovascular diseases

*The ESC Handbook of Preventive Cardiology*, a new pocket edition from the *Oxford University Press*, describes the current issues from the field of preventive cardiology, merging theory and practice. Appropriate guidance through the field of prevention of cardiovascular (CV) diseases is ensured by structuring the handbook into three units with a total of 22 chapters with 240 pages. The text of the handbook is accompanied by numerous tables, graphs, and figures that contribute to a better understanding of the described topics. The handbook ends with an index that, along with the simultaneously published digital edition, simplifies searching and improves the utility of the handbook.

In the first third of the handbook, the editors present the basic information on CV disease prevention, categorization of CV risk, and the application of biomarkers and imaging methods. The second part of the handbook identifies practical aspects of CV disease prevention and indicates the significance of biological, behavioral, and socio-economical risk factors, as well as the importance of protective CV factors. The final part of the handbook presents recommendations for conducting primary and secondary prevention in health care institutions and in communities, along with instructions for the evaluation of all procedures to ensure quality care for persons with CV diseases.

The handbook touches upon all important aspects and issues of preventive cardiology. By ensuring new insights, it facilitates faster identification and more successful resolution of complex organizational problems. Along with the detailed description of the field of CV disease prevention provided by *The ESC Textbook of Preventive Cardiology* published in 2015 and the new edition of the guidelines (*2016 European Guidelines on cardiovascular disease prevention in clinical practice*), this handbook represents a useful resource for all professionals working in the field of prevention, ranging from students of biomedicine and health care workers to administrators of the health care system and media representatives.



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