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Hypertension Management from Nutritional and Exercise Perspectives: A Case Study

Abstract

A 56-year old patient is newly diagnosed hypertension and obesity. He has been referred to an exercise physiologist for an exercise program to compliment his pharmacological treatment. He is otherwise in reasonable physical condition for his age. The patient is a bureaucrat, lives alone and has been a little bit depressed since his wife’s death two years ago. What nutritional factors do you consider could be relevant to his medical conditions, and why?

Keyword : hypertension, nutrition, exercise, ,

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