

Preface

Diabetes and hypertension have evolved as two of the modern day epidemics affecting millions of people around the globe. These two common comorbidities lead to substantial increase in cardiovascular disease, the major cause of morbidity and mortality of adults around the world.

Physicians and other health care providers are increasingly encountering patients with diabetes and hypertension in their practice. This book consists of 14 chapters written by top authorities in their respective fields. Topics covered range from basic concepts in evaluation and management of diabetes and hypertension such as dietary interventions to evaluation and management of secondary hypertension in clinical practice. Other chapters focus on high cardiovascular risk populations such as those with coronary heart disease, chronic kidney disease, and minority patients.

Finally, evolving concepts and new developments in the field are presented in other chapters such as prevention of type 2 diabetes and the epidemic of sleep apnea and its implication for diabetes and hypertension evaluation and management.

We hope that this book will provide the busy practitioner with cutting-edge knowledge in the field as well as practical information that would translate into better care provided to such high risk population of diabetics and hypertensive patients.

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