



Coronary Artery Disease:Essentials of Prevention & Rehab Programs

Peter Brubaker, Mitchell Whaley, Leonard Kaminsky

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Three coauthors from two of the most highly regarded U.S. schools for coronary artery disease (CAD) programs take a fresh approach to prevention and rehabilitation in *Coronary Artery Disease: Essentials of Prevention and Rehabilitation Programs*. Peter Brubaker, Leonard Kaminsky, and Mitchell Whaley combine real-world examples with the fundamental principles of CAD management, laying the foundation for a new way of thinking about prevention and secondary rehabilitation programs.

Supplemented by case studies, the text allows readers to follow the process of how CAD is evaluated and what interventions are used to manage this disease. Particularly, attention is given to lifestyle modifications, especially exercise programming. Tables, figures, and photographs illustrate the three-part text, which features the essentials of CAD management, related concepts, exercise testing and programming, and administrative concerns.

Part I, “Introduction to CAD Prevention and Rehabilitation,” provides a comprehensive review of cardiovascular physiology and pathophysiology, along with coronary artery disease assessment, diagnosis, prevention, and treatment.

Part II, “Practical Applications to CAD Prevention and Rehabilitation,” explains the fundamentals of electrocardiography administration and interpretation as well as the essentials of physical fitness assessment (highlighting exercise testing), exercise prescription, and adaptations to chronic exercise training.

Part III, “Organization and Administration of CAD Prevention and Rehabilitation,” provides information on CAD programming based on the policies and procedures at Ball State and Wake Forest Universities. The text offers guidelines for developing CAD programs and issues for students and professors to consider.

The foundational nature of *Coronary Artery Disease: Essentials of Prevention and Rehabilitation Programs* makes it an essential text for undergraduate and graduate students of exercise science. The text's comprehensive approach to CAD also makes it an excellent reference tool for health professionals in the prevention and rehabilitation field.

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