

Cardiovascular Disease in Individuals with Spinal Cord Injury: Toward Best Practice

Abstract

Individuals with spinal cord injury (SCI) have improved long-term survival and are enjoying the rewards of aging. Associated with improved longevity is the increased likelihood of aging-related chronic diseases. Several reports have documented disorders of carbohydrate and lipid metabolism in persons with chronic SCI that increase risk of cardiovascular disease (CVD). However, a recent evidence-based report casts doubt on the presence of elevated risk of CVD or premature CVD in persons with SCI. This monograph will guide the clinician in reconciling apparently disparate evidence, analyzing critical elements of CVD risk, and assembling vital information for individualized risk assessment and management, thereby fostering best practice. **Key words:** *carbohydrate disorders, cardiovascular disease, lipid disorders, spinal cord injury.*

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