



Patologie urologiche e attività fisica (Italian Edition)

Gian Pasquale Ganzit, Luca Stefanini

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Per i pazienti in dialisi può essere complesso trovare tempo ed energie per l'attività fisica. Chi soffre di ipertrofia prostatica benigna è spesso restio a iniziare un programma di allenamento, poiché teme che concorra a peggiorare la patologia. Per chi è affetto da incontinenza gli ostacoli, soprattutto psicologici, ad avvicinarsi a uno sport possono apparire invalicabili.

Il testo rappresenta un valido sostegno per superare i timori e intraprendere, con il supporto del proprio medico, l'esercizio più adatto alle proprie condizioni di salute.

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