



Reduce Your Heart Stress

February is American Heart Month

In the United States, 1 in 4 deaths results from heart disease, making it the leading cause of death in the country. Plus, half of Americans are at risk for heart disease, and that statistic continues to rise. Some types of heart disease include arrhythmias, heart failure, heart attacks, and strokes.

February is American Heart Month, so it's important to understand that while heart disease can be deadly, it's also preventable in most people. Risk factors include high blood pressure, high cholesterol, smoking, and physical inactivity.

Diet and exercise are the best ways to reduce your risk of heart complications. Talk with your doctor about your heart health and early warning signs.

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