

[HEART DISEASE HEALTH](#)



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Heart Disease Symptoms Prevention Diet Treatment Health

Coronary heart disease (CAD) is the most common of many types of heart disease, not only in men but also in women. It is caused by atherosclerosis, or hardening of the arteries, which occurs when

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WebMD Heart Disease Health Center Information About

Heart disease, such as coronary heart disease, heart attack, congestive heart failure, and congenital heart disease, is the leading cause of death for men and women in the U.S. Prevention includes

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Heart Health Information About Heart Disease cdc gov

The term heart disease refers to several types of heart conditions. The most common type of heart disease in the United States is coronary artery disease, which affects the blood flow to the heart. Decreased blood flow can cause a heart attack

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Heart Disease Symptoms Causes and Treatment Health

Heart disease remains the leading killer in America, but even if you have a family history, heart disease and heart attacks are not inevitable.

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Heart disease Symptoms and causes Mayo Clinic

Diseases under the heart disease umbrella include blood vessel diseases, such as coronary artery disease; heart rhythm problems (arrhythmias); and heart defects you're born with (congenital heart defects), among others.

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Heart healthy diet 8 steps to prevent heart disease

Eating a lot of sodium can contribute to high blood pressure, a risk factor for cardiovascular disease. Reducing sodium is an important part of a heart-healthy diet. The American Heart Association recommends that: Healthy adults have no more than 2,300 milligrams (mg) of sodium a day (about a teaspoon of salt)

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Heart Health Types Causes Symptoms Treatments

Learn about types of Heart Health, causes, facts, symptoms and treatments. Find the latest news and facts on diseases and disorders for Heart Health.

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Heart Disease Risk Factors Prevention and More Healthline

Heart disease is the leading cause of death in the United States, according to the Centers for Disease Control and Prevention (CDC). In the United States, 1 in every 4 deaths is the result of a

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What Is Heart Disease University Health News

6 Heart Health Facts You Should Know. You can define heart disease (or cardiovascular disease) by understanding the two parts of the word cardiovascular: Cardio refers to the heart and vascular refers to the body's arteries and veins.

<http://ebookslibrary.club/download/What-Is-Heart-Disease--University-Health-News.pdf>

Heart Health and Aging nia nih gov

Quitting, even in later life, can lower your risk of heart disease, stroke, and cancer over time. Follow a heart-healthy diet. Choose foods that are low in trans and saturated fats, added sugars, and salt. As we get older, we become more sensitive to salt, which can cause swelling in the legs and feet.

<http://ebookslibrary.club/download/Heart-Health-and-Aging-nia-nih-gov.pdf>

What is Cardiovascular Disease American Heart Association

Heart disease. Heart and blood vessel disease (also called heart disease) includes numerous problems, many of which are related to a process called atherosclerosis. Atherosclerosis is a condition that develops when a substance called plaque builds up in the walls of the arteries.

<http://ebookslibrary.club/download/What-is-Cardiovascular-Disease--American-Heart-Association.pdf>

5 Types of Heart Disease Symptoms Risk Factors Causes

Heart (cardiovascular) disease (CVD, heart disease) is a variety of types of conditions that affect the heart, for example, coronary or valvular heart disease; cardiomyopathy, arrhythmias, and heart infections. Symptoms of heart disease include chest pain, sweating, nausea, and shortness of breath.

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