SITE MAP:

* PRIMARY = **CATEGORIES** - [Pages]
* SECONDARY = **SUB-CATEGORIES** - [Isotope Filters]
* TERTIARY = **TAGS** - [Tags to improve in-site searching / SEO benefit]
  + - **SERVICE SUGGESTED TAGS**
* SOCIAL = **Connect, About, Contact, Events**
* HOME
  + HEALTH
    - Activity
      * walking, running, yoga, fitness, biking, outdoors, hiking, climbing
    - Nutrition
      * vegetables, proteins, fruits, diet, fat, carbohydrates, nuts, almonds, cashews, carrots, kale, beets, hydration, water, sugar
    - Supplements
      * vitamins, minerals, amino acids, nitric oxide, blood flow, stimulants, caffeine
    - Wellness
      * family, travel, happy, happiness, excellence, stress, relax, relaxing, relaxation, heartbeat, heart health
  + CONDITIONS
    - Risk Factors
      * traditional risk factors
        + age, gender, diabetes, smoking, family history, high blood pressure, dyslipidemia, high-density lipoprotein, cholesterol, low-density lipoprotein, hypertriglyceridemia
      * non-traditional risk factors
        + abnormal ankle-brachial Index, chronic inflammation, brain natriuretic peptide, human immunodeficiency virus, homocysteine elevation,  microproteinuria, microalbuminuria, metabolic syndrome, elevated serum insulin levels, renal disease, abnormal calcium score, carotid intima-media thickness, left ventricular hypertrophy, psychosocial stresses, alcohol, abnormal diet, clinical depression, obesity, sedentary lifestyle, infections, collagen vascular diseases
      * modifiable risk factors
        + smoking, dyslipidemia, hypertension, sedentary lifestyle, diet, obesity, type 2 diabetes mellitus, impaired glucose tolerance, CRP
      * non-modifiable risk factors
        + age, gender, genetic abnormalities, family history of premature atherosclerosis
      * other risk factors
        + CMP,  CHF, congenital heart diseases, heart valve dysfunction, arrhythmias, cancer treatments, chemotherapy, radiation, thyroid disorders, substance abuses, HIV, AIDS, excessive vitamin E, obstructive sleep apnea
    - Symptoms
      * Women
        + chest pain, jaw pain, back pain, stomach pain, neck pain, arm pain, lightheadedness, cold sweat, shortness of breath, fatigue, no symptoms
      * Men
        + chest pain, chest pressure, chest fullness, chest squeezing, jaw pain, toothache, headache, shortness of breath, nausea, vomiting, general stomach discomfort, sweating, heartburn or indigestion, arm pain, general malaise, no symptoms
    - Warning Signs
      * shortness of breath, trouble breathing, fatigue, swelling, heart rate
    - Heart Attack
      * what is it, why does it happen, what are the symptoms
    - Heart Trouble
      * heart murmur, heart palpitations, heartbreak, heart cancer, heart failure, heart flutter, heart hurts, heart infection, heart pounding, heart valve disease, heart virus
  + LEARN
    - Resource
      * glossary, information, authoritative, tools, tests, facts, heart quiz,  heart rate calculator, patient's guide, caregivers resources, caregivers resource center
    - Prevention
      * know, avoid, stop, reduce, eliminate, lifestyle, nutrition, medicine, heart yoga
    - Treatment
      * medicine, nutrition, surgery, lifestyle changes,  heart bypass,  heart medications
    - Emergency
      * 911, heart attack, sudden cardiac arrest, SCA, arrhythmia
  + COMMUNITY
    - Patients
      * survivors, heart patients, patients, patients like me, patients first, patients choice, patients needs
    - Caregivers
      * survivors, caregivers, caregivers for life, caregivers of america, caregivers support, caregivers syndrome, caregivers and stress, caregivers burnout, caregivers blog, caregivers health, caregivers list,  caregivers ptsd
    - Family and Friends
    - Support
      * connect, groups
  + CONNECT
    - Tags
      * patients using social media, caregivers support network, caregivers support