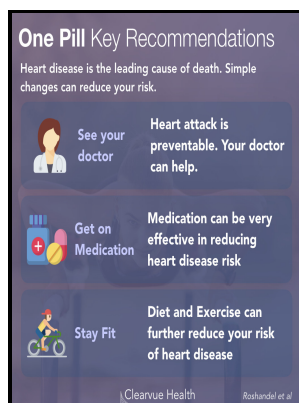


# Heart disease - reducing your risk

## Bantam Books - Top 9 Ways to Reduce Your Risk of Heart Disease



Description: -

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Creole dialects.

Bollée, Annegret -- Bibliography.

Bollée, Annegret.

Israel -- Politics and government

Israel -- Social conditions

Community life -- Israel

Social structure -- Israel

Soldiers -- Training of -- Simulation methods -- Evaluation.

Synthetic training devices -- Evaluation.

M2 Bradley infantry fighting vehicle.

Childrens stories.

Coronary heart disease -- Risk factors.

Coronary heart disease -- Prevention.Heart disease - reducing your risk

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If it runs in your familyHeart disease - reducing your risk

Notes: Includes bibliographical references (p. 137-143) and index.

This edition was published in 1991



Filesize: 67.62 MB

Tags: #8 #Things #You #Can #Do #to #Prevent #Heart #Disease #and #Stroke

### Heart disease prevention: Strategies to keep your heart healthy

Not moving enough can lead to other health conditions, such as high blood pressure, high cholesterol, diabetes and obesity; in other words, physical inactivity is like a double whammy when it comes to heart disease risk. Keep stress levels low Getty Images More research is needed to understand exactly how stress contributes to heart disease, but scientists have observed a relationship between stress and heart health. Hinz was very honest and upfront about the exact ways he could or could not help me.

### Heart Disease In Women: What To Look For & How To Reduce Your Risk

This includes recognising if your mood is low. Effect of potentially modifiable risk factors associated with myocardial infarction in 52 countries the INTERHEART study : case-control study.

### Fight Inflammation to Help Prevent Heart Disease

Consume alcohol only in moderation. If you feel like you've been getting enough sleep but you're still tired throughout the day, ask your doctor if you need to be evaluated for obstructive sleep apnea, a condition that can increase your risk of heart disease.

### 3 Steps to Reduce Your Heart Disease Risk: Secrets from a Cardiologist

Reprint Permissions A single copy of these materials may be reprinted for noncommercial personal use only. They draw from existing evidence that healthier lifestyle choices can reduce the risk of premature death and disability due to heart disease.

### 8 Things You Can Do to Prevent Heart Disease and Stroke

But carrying excess fat around your belly is a red flag for heart disease risk.

### Reducing Your Risk of Heart Disease

Anti-inflammatory and cardioprotective effects of n-3 polyunsaturated fatty acids and plant sterols in hyperlipidemic individuals.

## **Lower Your Risk of Heart Disease**

Niacin — This is also known as vitamin B3, and in very high doses 1000 to 3000 mg a day can be very helpful for raising good cholesterol HDL and lowering high triglycerides — something that statins are not very effective at.

## **7 Tips for Reducing Your Risk of Heart Disease**

Risk Factor Goals You, along with support from your family and friends, can work to achieve the following goals to reduce your risk of cardiovascular disease.

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## Related Books

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