

# Heart Talk

*Heart Health Education*

**Dr. Keshava Aithal**

ಅಂಕ 8 Double o

63 Chapters on Cardiovascular Health

# Table of Contents

<b>1. Calcium and Heart Disease</b>	<b>1</b>
<b>2. What Is Lipoprotein a and Why Is It Important for Southeast Asian People</b>	<b>2</b>
<b>3. How Old Is Your Heart</b>	<b>3</b>
<b>4. Should You Be Tested for Sleep Apnea?</b>	<b>4</b>
<b>5. Is It a Heart Attack or Heartburn??</b>	<b>5</b>
<b>6. Should You Be Worried About Your Waist Line</b>	<b>6</b>
<b>7. Heart Disease -the Gender Gap</b>	<b>7</b>
<b>8. Can Intermittent Fasting Improve Cardiovascular Health?</b>	<b>8</b>
<b>9. When Should You Have a Baseline Cardiac Examination?</b>	<b>9</b>
<b>10. Metabolic Syndrome</b>	<b>10</b>
<b>11. Music and Cardiovascular System</b>	<b>11</b>
<b>12. How Coronary Artery Disease Happens</b>	<b>12</b>
<b>13. More About Your HDL or Good Cholesterol</b>	<b>13</b>
<b>14. Non-HDL Cholesterol in Your Blood Test</b>	<b>14</b>
<b>15. Benefits and Risks of Statins</b>	<b>15</b>

<b>16. Triglycerides and Coronary Artery Disease</b>	<b>16</b>
.....	
<b>17. Silent Heart Attacks</b>	<b>17</b>
.....	
<b>18. Kidney-heart Connection</b>	<b>18</b>
.....	
<b>19. Calculating Your Cardiovascular Risk</b>	<b>19</b>
.....	
<b>20. Effect of Cocoa on the Cardiovascular System</b>	<b>20</b>
.....	
<b>21. Alcohol and Your Health</b>	<b>21</b>
.....	
<b>22. Post Menopausal Hormone Therapy and Cardiovascular Risk</b>	<b>22</b>
.....	
<b>23. Heart Healthy Cooking Oils</b>	<b>23</b>
.....	
<b>24. To Take or Not to Take Daily Baby Aspirin</b>	<b>24</b>
.....	
<b>25. Effect of Sugar Substitutes on Cardiovascular System</b>	<b>25</b>
.....	
<b>26. Cardiovascular Benefits of Tai Chi and Yoga</b>	<b>26</b>
.....	
<b>27. White Coat Hypertension</b>	<b>27</b>
.....	
<b>28. Heart Attack vs Cardiac Arrest</b>	<b>28</b>
.....	
<b>29. Plant Protein for Your Heart Health</b>	<b>29</b>
.....	
<b>30. Chest Pain Without Blocked Coronary Arteries</b>	<b>30</b>
.....	
<b>31. Long COVID and Heart</b>	<b>31</b>
.....	
<b>32. Natural Ways to Lower Your Cholesterol Level</b>	<b>32</b>
.....	
<b>33. More About Triglycerides</b>	<b>33</b>
.....	

<b>34. Acute Coronary Syndrome</b>	<b>34</b>
.....	
<b>35. Somethings About Stroke and Mini-stroke</b>	<b>35</b>
.....	
<b>36. Connection Between Fatty Liver Disease and Heart Disease</b>	<b>36</b>
.....	
<b>37. Statins, Their Underutilization</b>	<b>37</b>
.....	
<b>38. Breathing Exercises in Relation to Hypertension Treatments</b>	<b>38</b>
.....	
<b>39. Primordial Prevention and Genetic Profiling</b>	<b>39</b>
.....	
<b>40. Utility of CT Scan to Detect Coronary Artery Disease</b>	<b>40</b>
.....	
<b>41. Diastolic Blood Pressure and Its Significance</b>	<b>41</b>
.....	
<b>42. Inherited High Cholesterol</b>	<b>42</b>
.....	
<b>43. Is Presence of Heart Murmur a Concern</b>	<b>43</b>
.....	
<b>44. Antioxidant-rich Diet and Heart</b>	<b>44</b>
.....	
<b>45. Understanding Your Blood Pressure</b>	<b>45</b>
.....	
<b>46. Is It Panic Attack or Heart Rhythm Disorder</b>	<b>46</b>
.....	
<b>47. Women and Spontaneous Coronary Artery Dissection</b>	<b>47</b>
.....	
<b>48. Factors Driving Heart Disease</b>	<b>48</b>
.....	
<b>49. Some Information About Heart Rate Variability</b>	<b>49</b>
.....	
<b>50. Choosing Healthy Carbs</b>	<b>50</b>
.....	
<b>51. Indian Diet and Associated Metabolic Risk Factors</b>	<b>51</b>
.....	

<b>52. Value of Blood Sugar Monitoring</b>	<b>52</b>
<hr/>	
<b>53. Potassium Connection</b>	<b>53</b>
<hr/>	
<b>54. What Is Vertigo</b>	<b>54</b>
<hr/>	
<b>55. Update on Coronary CT Calcium Score</b>	<b>55</b>
<hr/>	
<b>56. Indian Version of Mediterranean Diet</b>	<b>56</b>
<hr/>	
<b>57. Pre-diabetes and Diabetes 101</b>	<b>57</b>
<hr/>	
<b>58. Cardiac Arrest in Apparently Healthy Young Adults</b>	<b>58</b>
<hr/>	
<b>59. Cardiovascular Effects of Snow Shoveling</b>	<b>59</b>
<hr/>	
<b>60. Peripheral Arterial Disease</b>	<b>60</b>
<hr/>	
<b>61. What Is Apo B Test and Who Should Have It</b>	<b>61</b>
<hr/>	
<b>62. Prevent-new Cardiovascular Risk Estimation</b>	<b>62</b>
<hr/>	
<b>63. Some Myths About Cardiovascular Care</b>	<b>63</b>
<hr/>	