

# Healthy Heart Keep Your Cardiovascular System Healthy Fit At Any Age

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## [Book] Healthy Heart Keep Your Cardiovascular System Healthy Fit At Any Age

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### Healthy Heart Keep Your Cardiovascular

#### **Your Guide to A Healthy Heart - [nhlbi.nih.gov](http://nhlbi.nih.gov)**

your risk of heart disease How Risk Works It may be tempting to believe that doing just one healthy thing will take care of your heart disease risk For example, you may hope that if you walk or swim regularly, you can still eat a lot of fatty foods and stay fairly healthy Not true To protect your heart, it is

#### **Keep your heart healthy - British Heart Foundation**

Keep your heart healthy | 15 After your health check, your GP or practice nurse will offer you support and advice on how to reduce your risk of cardiovascular disease and keep your heart healthy Your GP will also consider if you need any treatment – such as medicines to treat any symptoms you may have, or to reduce the impact of any risk

#### **Keeping Your Heart Healthy - Internal Medicine**

There are different types of medicines to keep your heart healthy: • Medicines to prevent blood clots These will help you reduce your risk of a heart attack • Medicines to reduce bad cholesterol • Medicines to make it easier for the heart to pump • Medicines to relieve chest pains • Medicines to lower blood sugar to prevent

#### **Heart Healthy Employees Keep Your Business on Track**

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**DEPARTMENT OF PREVENTIVE MEDICINE KEEP YOUR HEART ...**

community and are making a difference Keep Your Heart Healthy is improving cardiovascular health among Chicagoans” Donald M Lloyd-Jones, MD, ScM, FACC, FAHA, Senior Associate Dean for Clinical and Translational Research, Chair of the Department of Preventive Medicine at Feinberg, and a cardiologist at Northwestern Memorial Hospital

**Keeping a Healthy Heart - [dbm.maryland.gov](http://dbm.maryland.gov)**

Keeping a Healthy Heart Avoiding Heart Attack and Stroke February 9th, 2017 What is Cardiovascular disease (CVD)? CVD is a disease of the heart and its blood vessels - Keep blood sugar normal - Manage weight and prevent weight gain - Lower blood pressure