

PREVENTING HEART DISEASE%0A

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[Heart disease prevention: Strategies to keep your heart](#)

You can prevent heart disease by following a heart-healthy lifestyle. Here are strategies to help you protect your heart. By Mayo Clinic Staff. Heart disease may be a leading cause of death, but that doesn't mean you have to accept it as your fate. Although you lack the power to change some risk factors such as family history, sex or age

[Heart Disease Prevention | MedlinePlus](#)

Heart disease is the leading cause of death in the U.S., and a major cause of disability. Learn how you can reduce your risks and prevent heart disease.

[How to Help Prevent Heart Disease At Any Age | American ...](#)

How to Help Prevent Heart Disease At Any Age You're never too young or too old to take care of your heart. Preventing heart disease (and all cardiovascular diseases) means making smart choices now that will pay off the rest of your life.

[Tip for Preventing Heart Disease - Healthline](#)

Heart disease is a debilitating condition for many Americans. It's the leading cause of death in the United States according to the Centers for Disease Control and Prevention (CDC). Certain risk

[15 Ways to Prevent Heart Disease - readersdigest.ca](#)
Holistic heart doc Joel K. Kahn, MD, shares what doctors may not learn in medical school about heart disease prevention. 1 / 16 I was about to deliver a lecture on preventive cardiology to second-year medical students who were well educated in determining cholesterol-lowering drugs and even performing bypass surgery.

[Heart Disease Prevention With Healthy Living Habits | cdc.gov](#)

Choosing healthful meal and snack options can help you avoid heart disease and its complications. Be sure to eat plenty of fresh fruits and vegetables and fewer processed foods. Eating foods low in saturated fats, trans fat, and cholesterol and high in fiber can help prevent high cholesterol.

[Heart Attack Prevention Tips - WebMD](#)

You want what's best for your heart. And it's simpler than you might think. These lifestyle changes can help prevent a heart attack and heart disease. Eat to be your best. Add plenty of fruits

[Heart Health: Reversing Heart Disease | Prevention](#)

Studies show that exercise reduces the risk of a heart attack by up to 50% more than the best cholesterol-lowering drug. And it doesn't take much: just a few hours a

week, according to experts.

3 Ways to Prevent Heart Disease - wikiHow

How to Prevent Heart Disease. Heart disease is an umbrella term that covers a variety of cardiovascular conditions, including blood vessel diseases, coronary artery disease, arrhythmia, congenital heart defects and infections of the

WHO | Preventing chronic diseases: a vital investment

Preventing chronic diseases: a vital investment WHO GLOBAL REPORT The report makes the case for urgent action to halt and turn back the growing threat of chronic diseases, and dispels the long-held misunderstandings about heart disease, stroke, cancer and other chronic diseases.