

Heart Health 2018



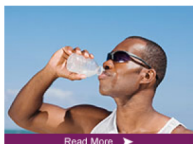
Heart Health News

Save the Date — 2018 American Heart Association Pittsburgh Heart Walk

Join the American Heart Association on October 20, 2018 for their annual Heart Walk. Registration begins at 8 a.m., with the one and three-mile walks beginning at 10 a.m. We hope to see you at Gold Lot #4 on the North Shore as we join the fight against heart disease and stroke!

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The Importance of Hydration for Your Heart



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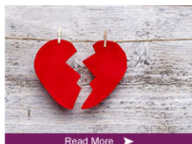
Whether you are participating in a sport outdoors or just sitting in the sun, summer heat can raise the risk of dehydration. Keeping your body hydrated will aid your heart's function.

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Is Broken Heart Syndrome Real?

Broken heart syndrome is a very real and dangerous condition requiring immediate medical attention. Learn more about how a "broken heart" occurs and how it can be treated.

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What to Expect During Cardiac Catheterization



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Cardiac catheterizations are performed for a variety of reasons. Learn more about what to expect if you have to undergo this common procedure.

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Heart and Vascular Notes

- [Condition Spotlight: Tachycardia](#)
- [Video Spotlight: Cardiac Catheterization at UPMC Altoona](#)
- [Patient Story: Tim Valentine](#)
- [Recipe Spotlight: Baked Sweet Potatoes and Apples](#)

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