

## Heart Health 2019

# HEART HEALTH

### Heart Health News

#### February is National Heart Month!

Celebrate National Heart Month with the UPMC Heart and Vascular Institute and the American Heart Association. Join us as we raise awareness of heart disease and discuss risk factors at our free screenings. Learn more about heart health while getting your heart screened at one of our events:

- National Wear Red Day – Go Red for Women® heart screening at US Steel Tower – Friday, Feb. 1
- National Wear Red Day heart screening at UPMC East – Friday, Feb. 1
- National Wear Red Day heart screening at UPMC McKeesport – Friday, Feb. 1
- "Women and Heart Disease" heart screening event at UPMC Passavant – Friday, Feb. 1
- 13th Annual Wear Red Heart and Health Awareness Expo with UPMC Hamot – Friday, Feb. 1

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#### February 22 – National Heart Valve Disease Awareness Day

February 22 is National Heart Valve Disease Awareness Day. The UPMC Heart and Vascular Institute offers cardiovascular care teams who specialize in heart valve disease, including mitral valve prolapse, aortic valve stenosis, and thoracic aortic disease. Our centers offer comprehensive care to treat a multitude of heart valve diseases, including treatments such as Transcatheter Aortic Valve Replacement (TAVR), MitraClip®, and minimally invasive surgery.

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#### What to Expect During a Heart Screening



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Heart screenings provide an opportunity for physicians to evaluate the condition of your heart. The health of your heart is determined through a series of tests. Learn more about what to expect during a heart screening and how you can use your results to improve your heart health.

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#### What is an Arrhythmia? Facts About Abnormal Heart Beat

Arrhythmia, or abnormal heart beat, can occur for different reasons and can be either harmless or the sign of a more serious heart condition. Read more about the different types of arrhythmias and when it is time to seek additional medical treatment.

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#### The Link Between Sleep and Heart Health



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Getting enough sleep every night is important for many reasons. Not getting enough shut eye can raise your risk for heart disease. Learn more about how sleep and heart health are linked and why catching enough z's can help keep your heart healthy.

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#### Heart and Vascular Notes

- [Video Spotlight: What Women Need to Know About Menopause and Heart Health](#)
- [Condition Spotlight: Mitral Valve Regurgitation](#)
- [Patient Story: Bev Meermans](#)
- [Recipe Spotlight: Heart-Healthy Recipe - Skillet Ham Hash](#)

## UPMC | HEALTH BEAT Trending Topics



How cold weather affects your heart and circulatory system

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Can aspirin lower your risk for heart attack and stroke?

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Do calcium supplements harm your heart?

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