

## Heart Health 2018



### Heart Health News

#### Begin the Holiday Season with a Grateful Heart

The holiday season oftentimes consists of long days, indulgent meals, travel, and sometimes stress, all of which can factor into your heart health. Ensure your heart has the happiest holiday season by taking adequate time to rest, replenishing your body with healthy foods, and recognizing triggers and signs of stress. The holidays can also be a wonderful time to reconnect with family. Take these opportunities to learn more about your family's heart health history and take preventative action as needed. With these steps in mind, your holiday season can be a happy and heart-healthy one!

#### Family History of Heart Disease? Here's How to Stay Healthy



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Family gatherings provide an excellent time to connect with loved ones. Use these opportunities to learn more about your family's heart health history and then take action to prevent your chances of developing heart disease.

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#### Myth or Fact? Time Changes Raise Your Risk for a Heart Attack

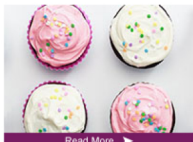
Time changes can throw our bodies for a loop. However, can they also raise our risk for a heart attack? Learn more about this theory and how you can help ease your heart through the changes.

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#### Cholesterol and Sugar: Is Something Sweet Turning Your Cholesterol Sour?



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Indulging in sweets, especially during the holiday season, can be delicious, yet dangerous for your cholesterol levels. Understand the impact sweets and sugary foods can have on your cholesterol and learn how to keep your heart healthy, while pleasing your taste buds!

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#### Heart and Vascular Notes

- [Condition Spotlight: Congenital Heart Disease](#)
- [Video Spotlight: A Faster, Easier, Nuclear Stress Test with the D-SPECT Camera](#)
- [Patient Story: Tabby Baer](#)
- [Recipe Spotlight: Tips for a Heart-Healthy Thanksgiving](#)

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