

Heart Health 2017



Heart Health News



Diabetes & Heart Health: Lowering Your Risk

About one out of every 11 people in the United States have diabetes. This condition can cause many other health problems, including a higher risk for cardiovascular (heart) disease, or diseases that affect your heart and blood vessels. [Read More](#)



Take the Heart Failure Quiz

Are you or a loved one living with heart failure? More than 5 million Americans are living with this condition, which can affect quality of life and lead to serious health problems if not properly treated. Take our quiz to find out if your symptoms are under control and learn more about how UPMC can help. [Read More](#)



Peripheral Artery Disease Treatment: What's Right for Me?

Peripheral artery disease treatment can help many patients find relief from symptoms and prevent further damage to their arteries. Whether you need lifestyle changes or surgery to treat your condition, it's important to understand all of your options and how different types of treatments can benefit you. [Read More](#)



Heart and Vascular Notes

- [Condition Spotlight: Bicuspid aortic valve](#)
- [Patient Story: Norman Melser](#)
- [Video Spotlight: Walk with COACH](#)
- [Heart-Healthy Recipe: Pan-seared basil shrimp w/multigrain pasta](#)