

## Heart Health 2017



### Heart Health News

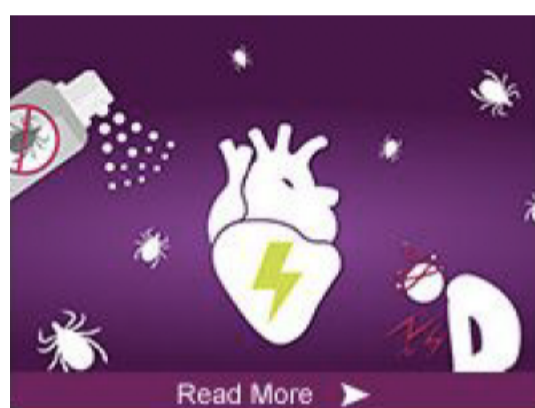
#### Upcoming Event: Free Community Skate & Heart Screening at UPMC Lemieux Sports Complex

Join us for a free community skate and heart screening event on Friday, Aug. 11, beginning at 6:30 p.m. at the UPMC Lemieux Sports Complex!

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#### How Does Lyme Disease Affect the Heart?

As the weather warms up, you may hear about more cases of Lyme disease. This condition, which spreads through tick bites, can cause a wide range of symptoms and even affect your heart if left untreated. Learn more about Lyme disease, how it affects your heart, and what you can do to prevent tick bites.



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#### Are Pets Good for Heart Health?



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Caring for a pet may help you get more active and lower your stress level, which can reduce your risk for heart disease. But there's much more to heart health than simply having a four-legged friend. Find out how having a pet may help your heart, and what you can do to make easy heart-healthy choices every day.

#### 5 Ways Walking Helps Your Heart

You probably know that regular physical activity plays a big part in heart health, but if you haven't been active in a while, you might wonder where to start. Before you worry about joining a gym or signing up for fitness classes, remember that walking offers a simple, low-cost way to get active on a regular basis. Regular walking can benefit your heart – and overall health – in many ways.



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#### Heart and Vascular Notes

- [Condition Spotlight: Varicose Veins](#)
- [Patient Story: Euphemia Steffey](#)
- [Video Spotlight: Dialysis Access](#)
- [Heart-Healthy Recipe: Chicken Breast with Mushroom Sauce](#)