

Heart Health 2017



Heart Health News

February is Heart Month!

The UPMC Heart and Vascular Institute and the American Heart Association are celebrating Heart Month throughout February to raise awareness about heart disease, and to encourage everyone to get a heart screening. Get a free heart screening and learn more about heart health at one of these upcoming events:

- National Wear Red Day Screening at the Wintergarden at PPG Place - Friday, Feb. 3.
- Go Red for Women Screening at UPMC St. Margaret - Friday, Feb. 3.
- Magee-Womens Heart Program Screening at Magee-Womens Hospital of UPMC - Tuesday, Feb. 14.

[View screening details and find more events now](#)



Heart Attack Symptoms are Different for Women

Are heart attack symptoms in women different than heart attack symptoms in men? In some cases, yes. While many men have the kind of symptoms you usually see in movies - like crushing chest pain or arm pain - women's symptoms can be much more subtle and harder to detect. [Read More](#)



Family Ties: Are Heart Problems Hereditary?

Knowing your family history can save your life - especially if your parents or grandparents had heart disease. Like many medical conditions, heart problems can run in families, but that doesn't mean there's nothing you can do to avoid them. [Read More](#)



Simple Ways to Cut Sodium in Your Diet

Are you looking for easy ways to cut sodium in your diet? It might be simpler - and tastier - than you think. A low-sodium diet can help you keep your blood pressure in check and benefit your health overall. Find out more about sodium, how it affects your body, and how you can cut back in your diet. [Read More](#)



Heart and Vascular Notes

- [Condition Spotlight: Arrhythmia](#)
- [Patient Story: Larissa Zeli](#)
- [Video Spotlight: Heart Disease in Women](#)
- [Heart-Healthy Recipe: Herbed Veggie Skillet](#)