













Heart Health 2018



Heart Health News

The UPMC Heart and Vascular Institute and the American Heart Association

US Steel Tower - Friday, Feb. 2

February is Heart Month!

are celebrating Heart Month throughout February to raise awareness for heart disease and to encourage everyone to get a heart screening. Learn more about heart health while getting your free screening at one of the following events: National Wear Red Day – Go Red for Women® Heart Screening at

- Give a Little Love to Your Heart at UPMC McKeesport Wednesday, Feb. 3
- Free Heart Screening at UPMC Presbyterian Wednesday, Feb. 14
- Heart Healthy Heart Fair at UPMC Northwest Friday, Feb. 16 Be Strong at Heart at UPMC St. Margaret's - Wednesday, Feb. 28
- View screening details and find more events now.

View Details



medical emergencies, but they have very different causes, symptoms, and potential outcomes. Learn more about the differences between cardiac arrest and heart attacks and the symptoms of each to protect your heart. Read More

Do you know the difference between a

heart attack and cardiac arrest? Both are



You Need to Know These Five Heart Health Numbers

There are five simple numbers that can tell you a lot about your heart health. By



Clogged blood vessels can happen

anywhere in your body. While you probably

vessels in other parts of your body can lead

you may not realize that clogged blood

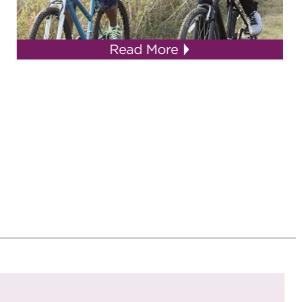
your risk for heart disease. If you're not sure where to begin, start with a trip to your doctor's office or a local heart screening event in your community, where you can learn your numbers and find out if you're at risk. Read on to learn more about these heart health numbers and how they can help you lower your risk of heart disease. Read More Vascular Surgery Treatment for Clogged Blood Vessels

learning your heart health numbers, you

can take an important step in lowering

know about the link between blocked coronary (heart) arteries and heart attack,

to serious, even life-threatening health problems. Understand your options for treatment of clogged blood vessels through vascular surgery by reading on. Read More **Heart and Vascular Notes**



Patient Story: Aaron Card Video Spotlight: Chest Pains

UPMC | HEALTH BEAT **Trending Topics**

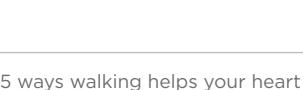
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• Heart-Healthy Recipe: Whole Wheat Cranberry Muffins

Condition Spotlight: Carotid Artery Stenosis

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Stroke vs. heart attack: signs and symptoms



Myths and facts about heart disease



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