

Heart Health 2018



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 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 US Steel Tower – Friday, Feb. 2
- 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.](#)

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The Difference Between Heart Attack and Cardiac Arrest

Do you know the difference between a heart attack and cardiac arrest? Both are 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.



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You Need to Know These Five Heart Health Numbers



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There are five simple numbers that can tell you a lot about your heart health. By learning your heart health numbers, you can take an important step in lowering 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.

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Vascular Surgery Treatment for Clogged Blood Vessels

Clogged blood vessels can happen anywhere in your body. While you probably know about the link between blocked coronary (heart) arteries and heart attack, you may not realize that clogged blood vessels in other parts of your body can lead to serious, even life-threatening health problems. Understand your options for treatment of clogged blood vessels through vascular surgery by reading on.



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Heart and Vascular Notes

- [Condition Spotlight: Carotid Artery Stenosis](#)
- [Patient Story: Aaron Card](#)
- [Video Spotlight: Chest Pains](#)
- [Heart-Healthy Recipe: Whole Wheat Cranberry Muffins](#)



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