

Heart Health 2018



Heart Health News

March is National Nutrition Month

Nutrition plays a key role in keeping your heart healthy. According to the American Heart Association, maintaining a healthy, balanced diet low in sodium and rich in colorful fruits and veggies drastically aids in the reduction of the effects of cardiovascular disease. Keep fresh fruits and veggies on hand and incorporate them into your meals in a variety of ways. Your body (and heart) will thank you!

Do You Know Your Heart Health Facts?

How well do you know your heart health facts? Knowing the basics of heart health is one of the first steps to keeping your ticker healthy. Take this quiz to test your heart knowledge and learn a few tips on keeping your heart healthy and happy.

[Take the Quiz ▶](#)

News and Events

Save the Date - UPMC Heart and Vascular Institute Charity Golf Classic

The UPMC Heart and Vascular Institute will be holding their charity golf classic on July 13, 2018 at Lindenwood Golf Club in Canonsburg, Pa. Proceeds will benefit the American Heart Association 2018 Pittsburgh Heart Walk. Registration information is coming soon!

What Foods Contain Healthy Fats? 6 Options to Try



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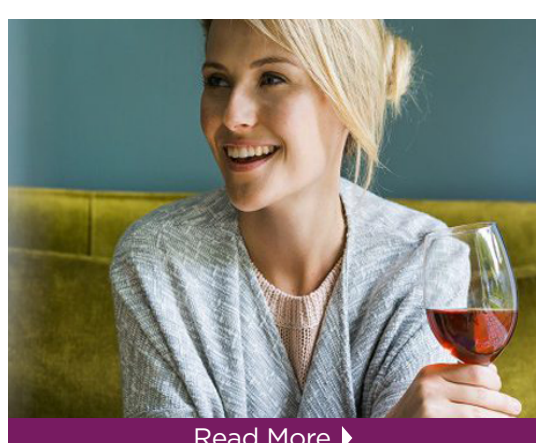
While the words "healthy" and "fats" might not seem like they go together, they can actually be an important part of a heart healthy diet.

Understand what qualifies as a healthy fat and how to incorporate them into your diet.

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5 Myths About Red Wine and Heart Health

Scientists and doctors are learning more and more about the benefits of drinking red wine in moderation, specifically as it relates to heart health. Learn more about some common myths related to wine and heart health and how a glass of red may aide your heart.



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4 Critical Tips for Preventing Vascular Disease



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Vascular disease is a serious condition which leads to the weakening, damaging, or blocking of blood vessels. While vascular disease can occur for a variety of reasons and some people are more prone to it than others, there are steps that can be taken to help prevent your chance of developing vascular disease. Read on to learn four tips you can do to help protect yourself from vascular disease.

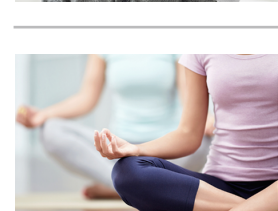
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Heart and Vascular Notes

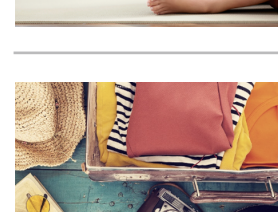
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