

Heart Health 2017



Heart Health News

Upcoming Event: Pittsburgh Heart Walk

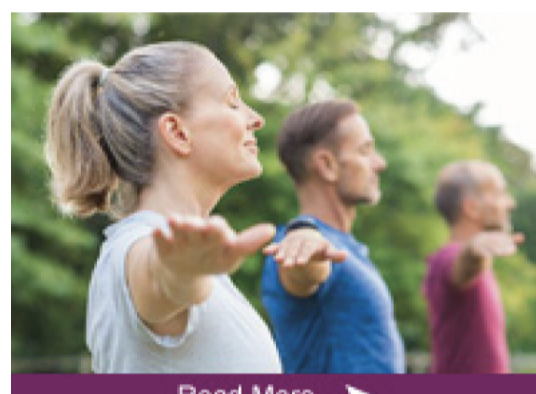
Join the American Heart Association on Saturday, Oct. 21 for the Pittsburgh Heart Walk! This annual event raises awareness about heart disease and stroke prevention.

Interested in finding out more about the benefits of walking for both your heart and our environment? Learn more from [Walk Pittsburgh](#).

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4 Critical Tips for Preventing Vascular Disease

Your blood vessels do an important job, bringing oxygen and nutrients to your organs and tissues. But if your blood vessels become weak, damaged, or blocked because of vascular disease, you may be at risk for serious health problems. Learn more about vascular disease and what you can do to prevent it.

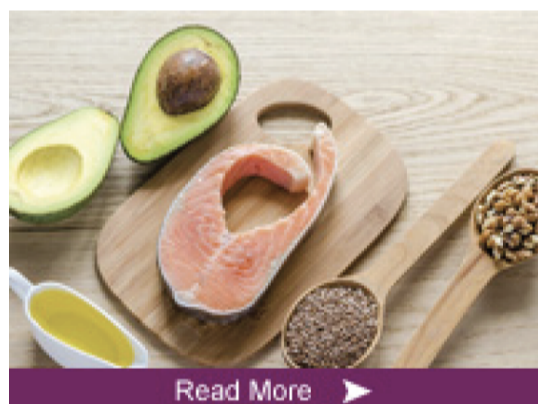


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Tips for Your Heart-Healthy Diet



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A healthy diet can make a big difference in lowering your risk for heart disease. Diet advice is everywhere, but do you know how to pick foods that are heart healthy? The best food choices help control your risk factors, like your weight, cholesterol, blood pressure, and blood glucose level. Not sure where to begin? Find out now.

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What Kind of Exercise is Best for Your Heart?

Like any other muscle in your body, your heart needs exercise to stay strong and healthy. So what kind of workout is best for your heart?

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Heart and Vascular Notes

- [Condition Spotlight: Arrhythmia \(Irregular Heartbeat\)](#)
- [Patient Story: Ralph Bish](#)
- [Video Spotlight: Vascular Surgery Options](#)
- [Heart-Healthy Recipe: Baked Sweet Potatoes and Apples](#)