

## Heart Health 2018



# HEART HEALTH

### Heart Health News

#### June is National Men's Health Month

Celebrate the men in your life by encouraging them to take a closer look at their health. June is National Men's Health Month. Take simple steps to promote heart healthy habits in men, including annual checkups with your primary care physician. Learn about the importance of regular checkups and heart screenings in men.

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#### Do You Know Your BMI?

Your body mass index (BMI) is a key factor in determining your healthy weight range. BMI and heart health can go hand-in-hand, so it is important to have a clear understanding of each. Learn more about BMI and kick-start your heart-healthy journey this summer!

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#### 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.

#### What Kind of Exercise is Best for Your Heart?



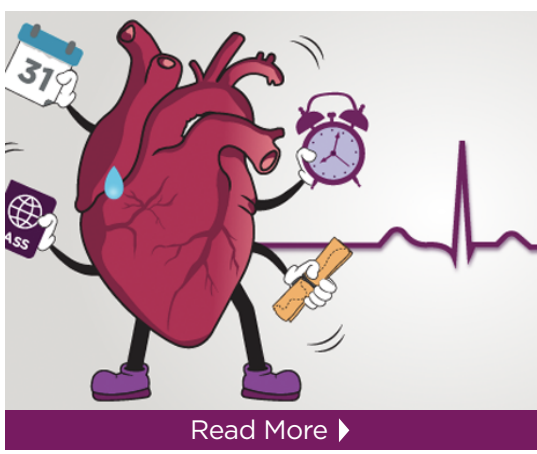
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Warmer summer months mean the opportunity to get outside and mix up your exercise routine. Many individuals like to take this time to engage in new or different ways of staying active. While any type of exercise is beneficial, it is important to understand the best kind for your heart health.

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#### Here's How You Can Stay Heart-Healthy on Vacation

Traveling offers a chance to get away and take a break from your typical routine. However, it is important to remember to never take a getaway from heart-healthy decisions. Identifying small ways to keep your heart health top of mind, even while on vacation from everything else, can be the key to maintaining a top-shape ticker.



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#### Blood Clots and Travel: Staying Healthy



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Traveling often entails long periods of time without much movement. Whether you're sitting in the car or on a plane, you may feel like you're stuck in your seat for hours at a time. Avoid blood clots while traveling by engaging in simple stretches, most of which can be done from your seat!

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#### Heart and Vascular Notes

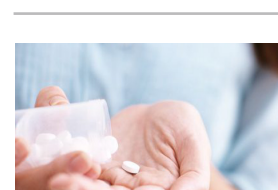
- [Condition Spotlight: Deep Vein Thrombosis \(DVT\)](#)
- [Video Spotlight: Dr. Rabih Chaer Discusses Deep Vein Thrombosis \(DVT\)](#)
- [Patient Story: Brandy Sweeney](#)
- [Recipe Spotlight: Tips for a Heart-Healthy Cookout](#)



Video: Trade your potato chips for crispy green beans  
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