

# Preserve the Heart, Preserve Life

Organizations like the American Heart Association and cardiology experts at Bethesda are raising awareness of cardiovascular disease.

Experts continually stress the importance of exercise for staying in shape and living a healthy life. Exercise is preventive maintenance for the heart.

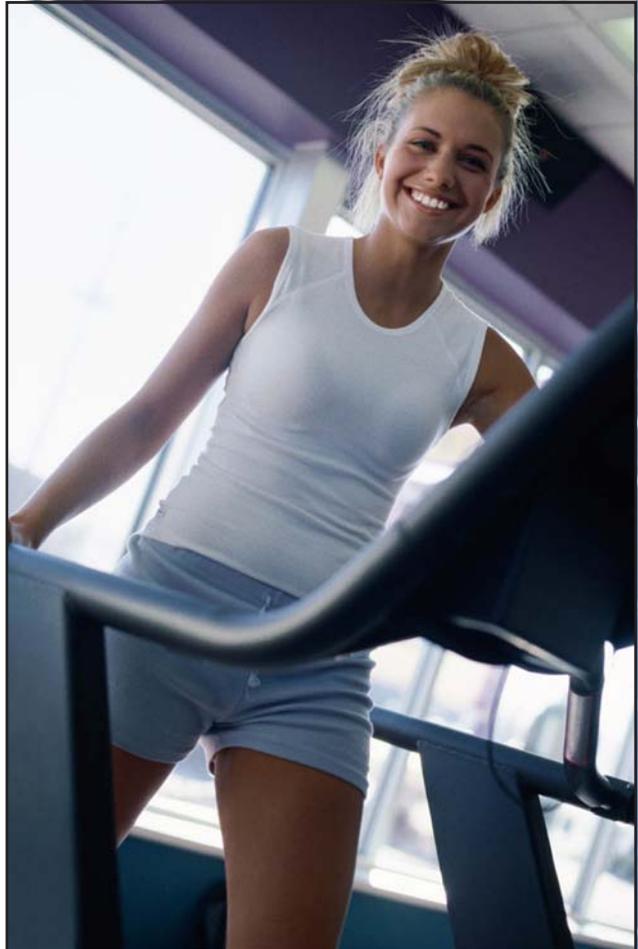
As a regimen for preventive maintenance for the heart, performing aerobic exercise for at least 30 minutes a day, three times each week is the most important thing one can do to keep the heart pumping.

Coronary artery disease is the leading cause of death in women even more prominent than breast cancer, yet it is preventable in most cases.

Smoking, high blood pressure, high cholesterol, sedentary lifestyle, family history of heart disease and bad eating habits are all risk factors for cardiovascular disease.

Assess the risk factors for heart disease by consulting a family physician or cardiologist. Yearly physicals also help detect the risks.

Practicing preventive maintenance for the heart can lead to a lifetime of health and well being.



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