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### Penn Medicine to lead study of heart disease, cancer in minority communities

High-resistance inspiratory muscle strength training or IMST could help heart health just as much, and possibly more than, aerobic exercise.

### This Trick Can Strengthen Your Heart in Minutes, Says New Study

A new study suggests that those over 50 who keep their sedentary activities to a minimum of four-and-a-half

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hours each day can decrease their risk of heart failure by half.

### Want to Reduce Your Risk of Heart Failure? All You Have to Do Is Sit Less, a New Study Says

Coronavirus patients taking statins prior to hospitalization substantially reduced their odds of in-hospital death and severe COVID-19, researchers found, ...

### Common cholesterol drug may reduce COVID-19 severity, study finds

USA: Patients taking statin medications before hospitalization for COVID-19

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were at lower risk of death, particularly those with a history of CVD and/or hypertension, show results from a new study by ...

Heart disease medications may reduce severity of COVID-19, finds study

With many areas of the country facing triple digit temperatures and summer heat and humidity elsewhere, the American Heart Association, a global force for longer, healthier lives for all, is ...

5 ways to keep your heart safe in extreme heat

Eat more veggies, fruits and low-fat dairy foods while



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cutting way back on any food high in saturated fat and limiting salt intake.

Study: Too much Southern food can cause a sudden heart attack. Here's the diet that reduced the risk

Here is a chart of target heart rates based on age, as per the American Heart

Association: Age: 20 years

Target HR Zone 50-85%:

100-170 bpm Average Maximum

Heart Rate, 100%: 200 bpm

Age ...

Resting heart rate chart by age: How YOU can check your heart rate - Easy guide

Heart failure

hospitalizations and costs

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related to methamphetamine use jumped sharply over a decade in California, according to new research published today in *Circulation: Cardiovascular Quality and ...*

Study highlights burden of methamphetamine-associated heart failure hospitalizations in California

People of South Asian ancestry have more than double the risk of developing heart disease compared to people of European ancestry, yet clinical risk assessment calculators used to guide decisions ...

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Heart risk 'calculators'  
overlook increased risk for  
people of South Asian  
ancestry

Study also says clinical tools in US and Europe have not factored in the increased risk to South Asians since the latter were not part of the tools' development.

Indians, other South Asians  
at double risk of heart  
diseases compared to  
Europeans: US study

Researchers discovered that statins and anti-hypertension medications stabilise underlying conditions, allowing

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patients to recover more quickly from COVID-19.

### COVID-19: Study Finds Statin Lowers The Risk By 41% Of In-hospital Death

Methamphetamine-related heart failure hospitalizations rose a staggering 585% between 2008 and 2018 in California. Costs associated with methamphetamine-related hospitalizations in California jumped ...

### Methamphetamine use drove surge in heart failure hospitalizations, costs in California

No more fried chicken? A study found eating a steady

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Diet of traditional Southern food can make you 46% more likely to die from a sudden cardiac death.

Too much Southern-style food can cause sudden heart attack, study says

Hospitalizations for methamphetamine-related heart failure - and the cost of treating these problems - skyrocketed in California during a decade, a new study shows. Published this week in the American ...

Meth-related heart failure hospitalizations - and costs - soar in California

An in-depth understanding of calcium-dependent heart

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diseases is aiding a Mississippi State faculty member in possible therapy development through a National Institutes of Health research award.

MSU faculty member garners NIH award to study heart disease

death typically comes within an hour. The study, published Wednesday in the Journal of the American Heart Association, also examined the impact of eating a Mediterranean-style diet on the risk of ...

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