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1: Supraventricular  
Tachycardia (SVT)  
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Research will focus  
on breast and

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prostate cancer in  
Black and Hispanic  
populations, which  
have a higher risk  
of developing  
cardiovascular  
disease ...

[Penn Medicine to  
lead study of heart  
disease, cancer in  
minority  
communities](#)  
High-resistance

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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

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over 50 who keep their sedentary activities to a minimum of four-and-a-half 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



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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,  
...

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

USA: Patients  
taking statin  
medications before  
hospitalization for  
COVID-19 were at  
lower risk of death,  
particularly those  
with a history of  
CVD and/or

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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  
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humidity elsewhere,  
the American Heart  
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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  
cutting way back on

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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

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American Heart

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](#)

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

Study highlights

*Page 23/34*

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burden of methamp  
hetamine-  
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,



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yet clinical risk  
assessment  
calculators used to  
guide decisions ...

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

Study also says  
clinical tools in US  
and Europe have

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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

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discovered that  
statins and anti-  
hypertension  
medications  
stabilise underlying  
conditions, allowing  
patients to recover  
more quickly from  
COVID-19.

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

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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

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use drove surge in  
heart failure  
hospitalizations,  
costs in California

No more fried chicken? A study found eating a steady diet of traditional Southern food can make you 46% more likely to die from a sudden cardiac death.

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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.

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Published this week  
in the American ...

Meth-related heart  
failure

hospitalizations -  
and costs - soar in  
California

An in-depth  
understanding of  
calcium-dependent  
heart diseases is  
aiding a Mississippi  
State faculty

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member in possible  
therapy  
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through a National  
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research award.

MSU faculty  
member garners  
NIH award to study  
heart disease  
death typically  
comes within an  
hour. The study,



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published  
Wednesday in the  
Journal of the  
American Heart  
Association, also  
examined the  
impact of eating a  
Mediterranean-  
style diet on the  
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