As temperatures rise, so do cardiovascular disease-related deaths. To help regulate body temperature, cardiovascular patients can protect themselves by:

- Are living with diabetes
- Staying hydrated
- Take certain heart medications
- Reducing alcohol and caffeine consumption
- Staying inside and dressing appropriately
- Are older in age

Summer is an important time to prioritize cardiovascular health.

People may be especially vulnerable if they:

To help regulate body temperature, cardiovascular patients can protect themselves by:

- Staying hydrated
- Reducing alcohol and caffeine consumption
- Staying inside and dressing appropriately