Staying Heart Healthy During the Holidays

The holidays bring people together — particularly at the dinner table. While festive, the season can pose health problems for cardiovascular patients.

High-salt, high-fat and sugary foods can raise:
- Blood pressure
- Blood sugar
- Heart rate

Many holiday foods can increase patients' risk of:
- Heart attack
- Stroke
- Arrythmia

But patients can take steps to safeguard their heart health.
- Keep up with prescription medications
- Don’t overindulge at meals
- Limit alcohol consumption
- Stay active
- Get enough sleep

This season, don’t take a holiday from your heart health.