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Heart disease is the number one killer of both men and women in the United States. Cardiovascular disease includes heart attacks, heart failure (problem with a weak heart muscle), arrhythmias (irregular heart rates) and valvular problems. When people talk about heart disease they are typically talking about a heart attack. 790,000 Americans have a heart attack per year, which means 1 person every 40 seconds. It is important for all patients that have many of the risk factors or any warning symptoms be screened for heart disease. This is done by getting a stress test done to evaluate for a blockage. If it is recognized early, an individual can have a stent placed or bypass surgery done and prevent a heart attack and even save their life. Take steps to reduce your heart disease risk today!!

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