

## American Heart Ociation Study Guides

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Research will focus on breast and 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 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 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 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 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 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 ...

[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 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 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 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 ...