Heart Health Is Key

You can beat cardiovascular disease.

October 1, 2011 By Cristina Gonzalez

The leading cause of death for Latinos is cardiovascular disease, affecting 27 percent of Latino males and 31 percent of Latinas. The condition is aggravated by high blood pressure, diabetes, obesity, high cholesterol and physical inactivity—a laundry list of conditions that Latinos regularly report. But you don’t have to miss a beat. Go to heart.org for more information.

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http://beta.docker.tusaludmag.com/article/heart-health-key