



SAFETY



MONDAY

Ever heard of “Holiday Heart”?

For many of us the holiday season is one of joy, reflection and spending quality time with family and friends.

But the holidays (and post-holiday weeks) can also be a time of dangerously indulging our vices. As we know, these behaviors can extend far beyond the holiday season.

Your Cardiologist knows that “holiday heart” actually refers to the effects of the stress from too much alcohol, too much salt/sugar and too much caffeine which result in higher blood pressure on the heart.

It seems there’s always another reason to celebrate, over-indulge and place unhealthy stress on our ticker (Super Bowl, promotion, weddings and vacations, just to name a few).

This (post) holiday season, make a decision to be good to your heart. It will thank you everyday for years to come.



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