

Summertime

and

Cardiovascular Health

As temperatures rise,
so do cardiovascular
disease-related deaths.



People may be especially
vulnerable if they:



Are living with
diabetes



Take certain heart
medications



Are older
in age

To help regulate
body temperature,
cardiovascular patients can
protect themselves by:

- Staying hydrated
- Reducing alcohol and
caffeine consumption
- Staying inside and
dressing appropriately

Summer
is an important time to prioritize
cardiovascular health.

