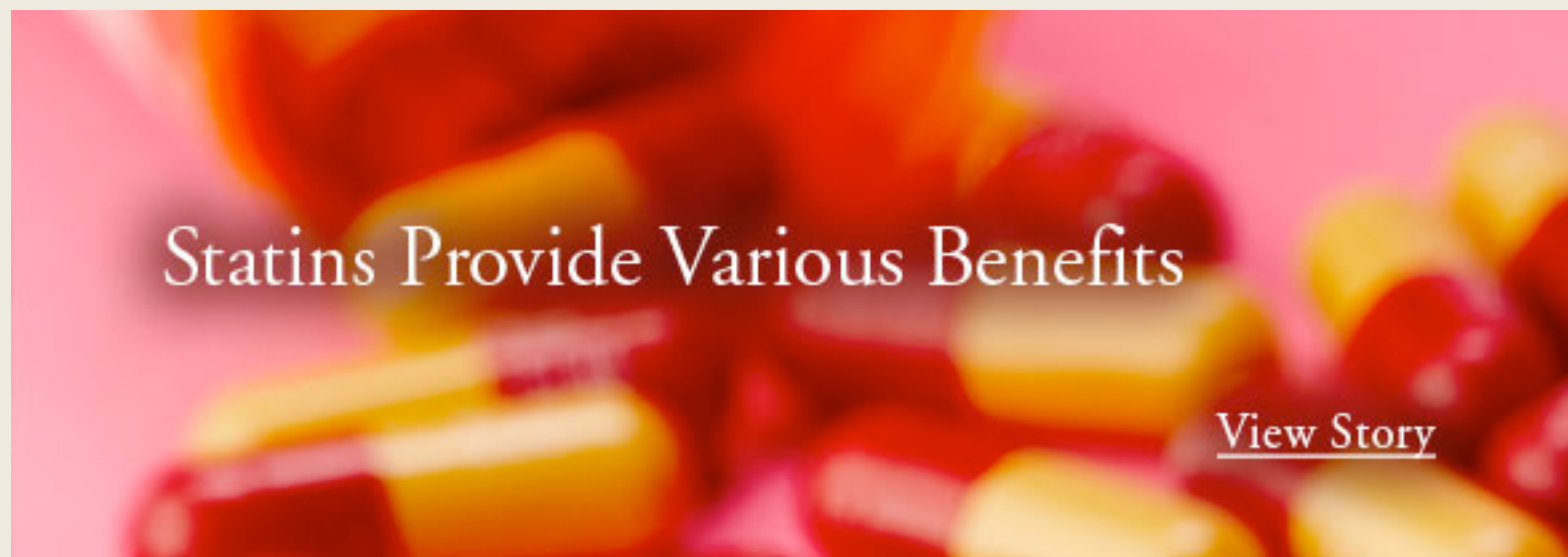




## TOP NEWS STORY



### **STATINS PROVIDE VARIOUS BENEFITS**

Mounting research suggests the group of drugs called statins could help more people without heart disease avoid a heart attack, stroke, or death.

## ALSO IN THE NEWS



### **IMPLANTABLE DEFIBRILLATORS: MAGNITUDE OF BENEFIT QUESTIONED**

Each year, thousands of people with heart disease get implantable cardioverter defibrillators (ICDs), small devices which can shock a potentially deadly heart rhythm back to normal.



### **HEART FAILURE AND YOUR THYROID**

Older people with a mildly underactive thyroid may be at increased risk for heart failure, a new study has found.



### **HEART MUSCLE FUNCTION MAY DIFFER BY ETHNICITY**

Although heart failure is more common in people of black African descent than in European whites, the reason is not clear. Now, a new study suggests that inherited susceptibility may help explain why.



## CardioSmart Video Network



### **Cindy's Story: A Family History of Heart Disease**

Family history can be such an important predictive factor for your own health, so it is imperative that you take the time to find out as much as you can about the health of your blood relatives.

## PEOPLE ARE TALKING ABOUT:

### **Dark Chocolate**

Latest Post: I have to believe that there are many items like this we can benefit from that in the past we have been told are "bad". Red wine is one more item that has been added to the list of "good in small doses". Its the mentality that has to change in this country. We have a tendency to over do everything. A glass of red wine and a piece of dark chocolate everyday... who can complain about that!

### **Join the Discussion!**