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TOP NEWS STORY



Obese Heart Patients May Live Longer

Study Backs Up Phenomenon Known as 'Obesity Paradox'

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OBESE HEART PATIENTS MAY LIVE LONGER

WebMD: Obesity is a leading cause of heart disease, but as a group, heart patients who are overweight or obese live longer than lean patients and respond better to treatment.

IN OTHER NEWS



WORKPLACE STRESS AND HEART DISEASE

For years medical research has steadily found tiny clues that chronic stress may take a toll on your health and shorten your life. Now the first large-scale study illuminates the definitive links between long-term mental stress and heart disease.



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Using the Internet to stay in touch with your doctor between checkups can help you control blood pressure. CardioSmart unveiled its online blood pressure tracking tool this month to help patients manage their condition. Start managing your blood pressure today!

Also [Click Here](#) to read about new research that showed people using online tracking tools improved their health versus those that just used traditional tools.