

# Leading With The Heart Coach Ks Successful Strategies For Basketball Business And Life

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13 aug 2024 symptoms heart disease symptoms depend on the type of heart  
disease symptoms of heart disease in the blood vessels coronary artery disease  
is a common heart condition that affects

a heart attack occurs when an artery that sends blood and oxygen to the heart  
is blocked fatty cholesterol containing deposits build up over time forming  
plaques in the heart s arteries if a plaque

20 jan 2026 heart disease is a leading cause of death you can t change some  
risk factors for it such as family history sex assigned at birth or age but you can  
take plenty of other steps to lower your

22 okt 2025 a normal resting heart rate for adults ranges from 60 to 100  
beats per minute a heart rate above or below that may signal a health condition

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4 apr 2024 you might know that eating certain foods can raise your heart disease risk even though changing your eating habits can be tough you can take simple steps to get started today whether

21 jan 2025 heart failure occurs when the heart muscle doesn t pump blood as well as it should blood often backs up and causes fluid to build up in the lungs and in the legs the fluid buildup can

13 okt 2023 a heart arrhythmia uh rith me uh is an irregular heartbeat a heart arrhythmia occurs when the electrical signals that tell the heart to beat don t work properly the heart may beat too fast

25 okt 2024 heart disease is the most common cause of death for both women and men in the united states but some heart disease symptoms in women can differ from those in men knowing

7 dez 2024 overview a congenital heart defect is a problem with the structure of the heart that a child is born with some congenital heart defects in children are simple and don t need treatment others

2 apr 2024 an electrocardiogram ecg or ekg is a quick test to check the heartbeat it records the electrical signals in the heart test results can help diagnose heart attacks and irregular heartbeats

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