

# LIVING HEARTILY

Being healthy starts with awareness and having the right information. Experts bust some common myths pertaining to heart attacks.



## Common sense

**A** few common-sense heart tips can be applied to five common myths — by Ann Kulkarni, M.D., M.Sc., and Dr. Michael Chertok, M.D., M.Sc., of the University of California, San Diego. **Myth 1: Heart attacks only happen to men.** **Fact:** Heart attacks can happen to women, too. **Myth 2: Heart attacks only happen to older people.** **Fact:** Heart attacks can happen to young people, too. **Myth 3: Heart attacks only happen to people who smoke.** **Fact:** Heart attacks can happen to people who don't smoke. **Myth 4: Heart attacks only happen to people who are stressed.** **Fact:** Heart attacks can happen to people who are not stressed. **Myth 5: Heart attacks only happen to people who are overweight.** **Fact:** Heart attacks can happen to people who are not overweight.

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