

FALL 20

Keeping Brooklyn Healthy



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ONE PATIENT'S EXPERIENCE

TAKE TIME TO CONSIDER THE HEALTH OF YOUR HEART

TBHC newly enhanced cardiac care, in alliance with Mount Sinai Heart, offers essential heart services for Brooklyn. Do you need them? Ask yourself these questions.

Heart disease often is silent disease. A lot of people, even of middle age, do not know they have heart disease until they have a heart attack. **Srinivas Kesanakurthy, MD**, director of TBHC's newly enhanced cardiac care, says that many people do not know they have heart disease until they have a heart attack.

Heart disease is a leading cause of death in the United States. It is a preventable disease. You can take steps to reduce your risk of heart disease. Talk to your doctor about your risk factors and how to reduce them. You can also take steps to improve your overall health, such as eating a healthy diet, exercising, and not smoking.

How often should I get a cholesterol test?

Cholesterol tests are important for heart health. They can help you know if you have high cholesterol, which can lead to heart disease. Your doctor will tell you how often you should get a cholesterol test based on your risk factors.

How often should I get a heart test?

Heart tests are important for heart health. They can help you know if you have heart disease. Your doctor will tell you how often you should get a heart test based on your risk factors.

How often should I get a blood pressure test?

Blood pressure tests are important for heart health. They can help you know if you have high blood pressure, which can lead to heart disease. Your doctor will tell you how often you should get a blood pressure test based on your risk factors.

Are there any signs or symptoms of heart disease?

Heart disease often has no symptoms. However, there are some signs and symptoms that can indicate heart disease, such as chest pain, shortness of breath, and fatigue.

How often should I get a heart test?

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Brookline for its great restaurants, beautiful
and friendly people, and for its beautiful scenery.

