Mindluster Platform

About the course Heart attack Prevention dietary strategies

Heart attack Prevention course, in this course we will learn about the critical strategies for heart attack prevention. Understanding the risk factors, such as diet, exercise, stress, and smoking, is paramount. We'll delve into the importance of managing cholesterol levels, blood pressure, and diabetes for a healthy heart. With a focus on medication adherence and weight management, participants will gain actionable insights to safeguard against heart attacks and promote overall cardiovascular wellness.

Medical Category's Courses

Course Lesson(5)

Lesson 1 : **5 Bad Habits That Make You Sick**

Lesson 2 : **5 Bad Habits That Make Your Lungs Sick Asthma Lung Cancer**

Lesson 3 : **5 Bad Habits That Make Your DNA Sick Prevent Cancer**

Lesson 4 : **5 Bad Habits That Make Heart Attacks Prevention**

Lesson 5 : **5 Bad Habits That Make Your Liver Sick**

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