LOVE YOUR HEART!

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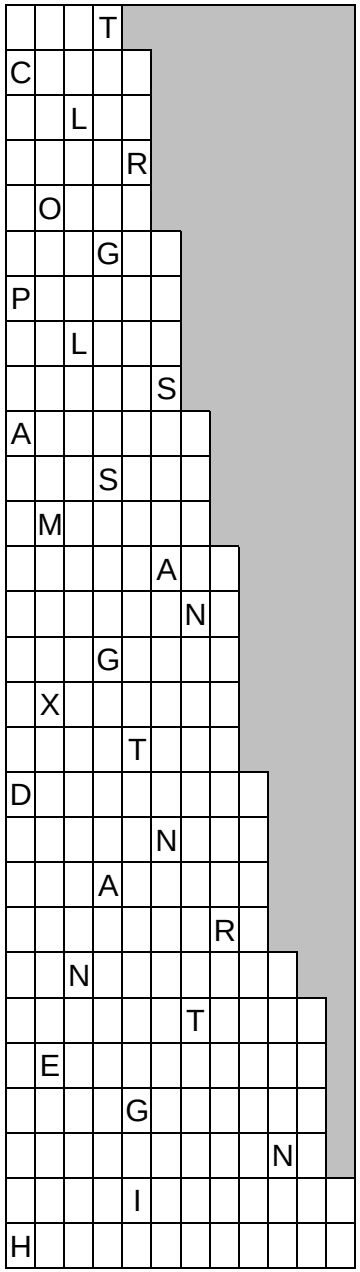
Pain in the upper back or __ arm can be associated with heart attacks
The most common symptoms of a heart attack is __ pain
Eating __ food, or sprinkling on extra, can affect your blood pressure
Keep your blood pressure under control with diet and exercise
Heart disease is the number one killer of men and __
Chest pain due to angina is caused by low __ supply to the heart
__ buildup causes arteries to narrow and makes the heart work harder
High blood pressure has been called "the __ killer"
Meditation and yoga can help reduce your __ levels
This common OTC drug can help prevent heart attacks if taken daily
__ can cause many problems including heart disease and diabetes
__ not only affects your lungs, but also your heart
The __ of a coronary artery causes a heart attack
An anticoagulant prevents blood from __
An electrocardiogram and blood tests are used to __ a heart attack
Ask your doctor how much you should __. Even a 30 minute walk helps
Often people with high blood presssure have no __ of the disease
Symptoms of a heart attack in a woman can be __ than men's
Atherosclerosis is the __ and thickening of the arteries
A heart-healthy diet should include fiber and this mineral
__ hypertension is caused by another medical condition
__ heart failure causes fluid to build up in the body, including lungs
Elevated levels of __ are a risk factor for heart attacks & hypertension
Myocardial Infarction is the medical term for a __ __
Heartburn and __ can be symptoms of a heart attack
Seek professional medical advice before following any of these __
Ventricular __ is a severely abnormal heart rhythm
Another term for high blood pressure



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Enter unused letters from puzzle, in order:

Copy boxed letters to form your hidden message:

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