

**How do we make
money?**

Site Contents

- Weight Loss
- Nutrition
- Fitness
- Medications
- Health Topics



Sign Out

Hi, Matthew Mar. 12/08

120/80 NORMAL Note: Lorem ipsum dolor sit amet dui.

My BP Chart Data

Recommendations

Track blood pressure at the Blood Pressure Management Clinic.

More Recommendations

Health Toolbox

Add this web site to my health toolbox.



Open My Toolbox



Health & Fitness



Early Detection Screening tests for breast cancer

news headlines

Toxic Sewer Gas Induces Suspended Metabolism in Mice
Cervix Length at Mid-Pregnancy May Predict C-Section Risk
Drugs Approved Under Deadline More Likely to Run Into Trouble Later
more headlines >>

Health Topics

- Get Fit Tips
- Expert Advice
- Most Popular



Diabetes



Osteoporosis



Heartburn & GERD



Depression

Health Tools

Weight Loss Tools Symptom Checker

Diet & Fitness

Men's Fitness Women's Fitness The Fit Zone Lose 10 Pounds Running

Diseases & Conditions

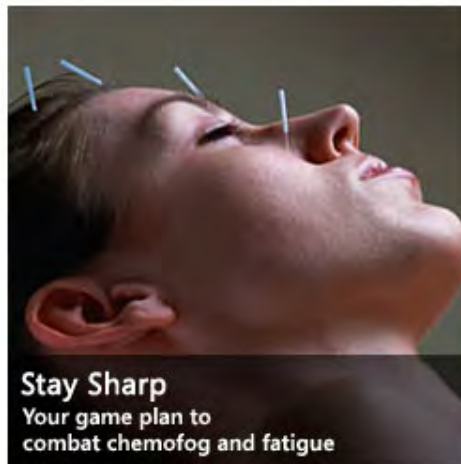
Health Topics Library Medications

Pregnancy

Pregnancy Calendar Fertility Calculator

Community & Advice

Message Boards Support Groups



Stay Sharp Your game plan to combat chemofog and fatigue

advertisement

Better than BOTOX®?
-No Painful Injections

HYDRODERM
ANTI-AGING SOLUTIONS

FREE* TRIAL

*Click Here for Details S/H may apply Simulated imagery. Results vary.


health topics

see all >>

- Addiction
- ADHD
- Aging Gracefully
- AIDS/HIV
- Allergies
- Alternative Medicine
- Alzheimer's Disease

the Practical Guide to healthier living

- An Inside Look at the Products in Your Cupboard
 - Smart Steps to a Healthier You
 - Delicious All-Natural Recipes for Your Favorite Foods
- learn more >>




Find great walks in 50 cities or see the world with the power of MSN Health & Fitness, Microsoft® Virtual Earth and Microsoft® HealthVault™.

[Sign in](#)

Compatible Devices




Pedometers Watches



Sample trips in America's 50 best walking cities or get inspired with virtual trips.



Set goals, log your miles and keep your fitness plans on track.



Create your own routes and upload device data into your private HealthVault record.

[Get Started](#)



Heart disease Search Health

Refine your search for Heart Disease

Show more refinements Add this search to your HealthVault Scrapbook See Live Search

Personal Health

- Smoking
- Exercise
- Hospitalization

DISCOVER

Quick links to refine results without doing a new search.

Drugs & Substances

- Aspirin
- Lipitor
- Insulin

SAVE

Tool that allows users to save and organize articles from various searches in one place (accessed via user name and password).

HealthVault Sign in
 Your HealthVault Scrapbook Show

Nutrition

- Trans Fat
- Saturated Fat
- Unsaturated Fat

Article Results

Web Results

LEARN

Articles from leading industry resources that are related to the user's query.



ACT

Sponsored Services

Quickly discover HealthVault Applications relevant to your search query

Sponsored Results

Advertising is served up based on the relevancy of the search, plus a desired call to action in the advertisement.

SPONSORED RESULTS

Learn About Heart Disease

Find Info About Heart Disease and How LIPITOR © May Lower Your Risk. www.lipitor.com

Heart Disease Info

Understand the Danger of Blocked Arteries and How to Prevent Them. cypherusa.com

Heart Disease Symptoms

1 in 3 women get heart disease. Take the test to know your risks. goredforwomen.org

Heart Disease Guide

Looking to find heart disease? See our comprehensive guide. Infoforhealth.Org

Heart Disease? Enjoy Life

Restore Your Mobility & Freedom! Get Our Free Mobility Guide Book TheScooterStore.com

Heart disease prevention: 5 strategies keep your heart healthy

Heart disease may be the leading cause of death for both men and women, but that doesn't mean you have to accept it as your fate. Although you lack the power to change some risk factors — such as family history, age and race — there are some key heart disease prevention steps you can take.

Take steps to avoid heart disease — don't smoke, get regular exercise and eat healthy foods. Avoid heart problems in the future by adopting a healthy lifestyle today. Here are five heart disease prevention tips to get you started.

1. Don't smoke or use tobacco products

"If you smoke, quit," advises Sharonne Hayes, M.D., a cardiologist and director of the Women's Heart Clinic at Mayo Clinic, Rochester, Minn. "That's the most powerful, preventable risk factor for heart disease."

MedlinePlus: Coronary Artery Disease ... Heart Attack; Heart Diseases; Blood, Heart and Circulation; Seniors; Go Local Services and providers for Coronary Artery Disease in the ... Coronary artery disease (CAD) is the most common type of heart ...

http://www.nlm.nih.gov/medlineplus/coronaryarterydiseas... Add to your HealthVault Scrapbook

What is Coronary Artery Disease? Coronary artery disease (CAD) is a condition in which ... reaching that area of heart muscle and causes it to die. Without quick treatment, a heart attack can lead to ...

http://www.nhlbi.nih.gov/health/dci/Diseases/Cad/CAD_W... + Add to your HealthVault Scrapbook

Iron and coronary heart disease. ... of ischemic heart disease. Am Heart J. 1989 May; 117 (5):1177-1188. Lauffer RB. Iron stores and the international variation in mortality from coronary artery disease. Med ...

Heart Attacks ... of the coronary arteries that supply blood to the heart, and often results in a heart attack ... Coronary Artery Disease. Heart Attack http://www.nhlbi.nih.gov/actintime/aha/aha.htm + Add to your HealthVault Scrapbook

DHDSP - Heart Disease - Home Page Learn more about how to prevent heart disease and heart

amazon.com® Books from Amazon

The DASH Diet Action Plan The China Study: The Most Comprehensive Study on Nutrition Ever



Recycle Bin

Windows Live Messenger

Matthew Smith (Online)

American Heart Association Sign Out

Hello, Matthew Mar. 12/08

120/80
NORMAL

Note: Lorem ipsum dolor sit amet dui e autem consequat.

Blood Pressure Chart Data

Recommendations

Track blood pressure at the [Blood Pressure Management Clinic.](#)

More Recommendations »

Health Toolbox

Open My Toolbox »

WORKS WITH Microsoft HealthVault

Advertisement

YOU: STAYING YOUNG
The Owner's Manual for Extending Your Warranty. [Read more](#)

Search the Web...

The branded dashboard with health data can also live as a desktop gadget.

A branded channel in Windows Live Messenger can also let you keep track of your health data.

Other gadgets (such as this blood pressure manager) can share biometric health data from HealthVault-compatible devices to keep your branded dashboard up to date.

American Heart Association Sign Out

Hi, Matthew Mar. 12/08

120/80
NORMAL

Note: Lorem ipsum dolor sit amet dui e autem consequat.

My BP Chart Data

Recommendations

Track blood pressure at the [Blood Pressure Management Clinic.](#)

More Recommendations »

Health Toolbox

Open My Toolbox »

WORKS WITH Microsoft HealthVault

NASA MOONWALKER

10,258 steps

Whew, that's far!

Record New Steps

WORKS WITH Microsoft HealthVault

OMRON

SYS **155** mmHg

DIA **90** mmHg

♥ **88** /min

A bit too high.

New Blood Pressure

WORKS WITH Microsoft HealthVault