

Florida Heart Group Reminds The General Public Of Spike In Heart Attacks During The Holidays

/EINPresswire.com/ Heart attacks spike around the holiday season, and Florida Heart Group reminds the general public about their dangers and how to prevent them from happening.

Deadly heart attacks dramatically increase during the holiday season. However, researchers have been trying to discover for years why this takes place.

Coronary artery disease results from atherosclerosis, a condition where fatty plaque builds up in the arteries. If the plaque builds up too much and ruptures, a blood clot triggers, resulting in a heart attack.

Researchers at the University of California at San Diego and Tufts University School of Medicine examined 53 million US death certificates spanning the 28-year period from 1973 to 2001. The results showed an increase of 5% more heart-related deaths during the holidays.

One theory revolves around cold weather, which makes it more difficult for the heart to operate properly. Blood vessels are forced to constrict, which raises blood pressure. Blood also clots with greater ease. These conditions, combined with excessive physical exertion, seem to heighten the risk of heart attack. However, these facts don't fully explain why heart attacks peak on holidays, such as Christmas and New Year's. Confounding the theory, heart attacks also skyrocket in frequency in warmer climates, such as Miami and Los Angeles.

The true reason heart attacks spike on holidays remains unclear. However, doctors frequently cite reasons people experience heart problems during the holidays:

People tend to procrastinate getting medical help because they don't want to disrupt the holiday season

Emotional stress tends to peak around the holidays

Exercise is forgotten

Overindulgence in alcohol and unhealthy food happens more frequently



"We don't know exactly why heart attacks occur more frequently during the holidays, but we do know the phenomenon happens. We are concerned about the health of the general population, and don't want anyone to experience unnecessary tragedy during what is supposed to be a joyous time of year. We recommend people pay extra careful attention to common [heart attack signs](#) and stop by Florida Heart Group to have checkups performed," said the [Florida vascular](#) clinic's CEO Andrew Laverghetta.

To stay safe during the holiday season, Florida Heart Group recommends all adults do the following:

Make time for relaxation when stress hits high levels

Maintain a regular exercise regimen

Remain extra mindful of diet

Stop in for a checkup if any of the [symptoms of heart attack](#) or heart attack signs happen

Common heart attack symptoms include:

Chest discomfort that lasts more than a few minutes or that goes away and comes back

Discomfort in one or both arms, back, neck, jaw, and stomach

Shortness of breath

Breaking out in a cold sweat

Experiencing nausea or lightheadedness

People experiencing these symptoms, and those who just want to ensure their good health, should visit Florida Heart Group for a checkup. The organization is open from 8:30 a.m. to 5:30 p.m. Appointments can be scheduled by phone.

Founded in 1979, Florida heart group has become the leading provider of care for heart disease. With 19 FL doctors dedicated to areas of practice such as Diagnostic Imaging, Women's Heart Disease, Interventional Cardiology, Adult Congenital Heart Disease, Interventional Cardiology, and Heart Failure, the practice has the full range of heart care services. The organization also offers a vein treatment center that provides services such as ambulatory phlebotomy, endo venous laser ablation, compression stockings, and ultrasound guided sclerotherapy. Patients can follow the company via Twitter, Facebook, and their blog.

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