

Male Recreational Hockey Players Are at Increased Risk For A Hockey Heart Attack

Hockey season is starting and so are the recreational hockey leagues. Older men are at increased risk of a heart attack especially while playing hockey.

CALGARY, AB, CANADA, October 4, 2017 /EINPresswire.com/ -- Heart disease is the number one cause of hospitalization and death in Canada. Yet it is the number one preventable disease. Many middle-aged and older males are at increased risk of a heart attack and do not even know it.

Most males starting to play recreational hockey leagues use hockey as their form of exercise. They may be a little inactive from the summer months and are now using hockey to get back into shape. While hockey is a great activity, it can leave males vulnerable to a hockey heart attack. Most males are used to going on the ice with no warm-up, having short bursts on the ice, while recovering on the bench breathing cold air. "This is a recipe for disaster for someone who is susceptible to a heart attack. The arteries are constricted leaving it defenceless to a hockey heart attack." says Diamond Fernandes, director of the Heart Fit Clinic.

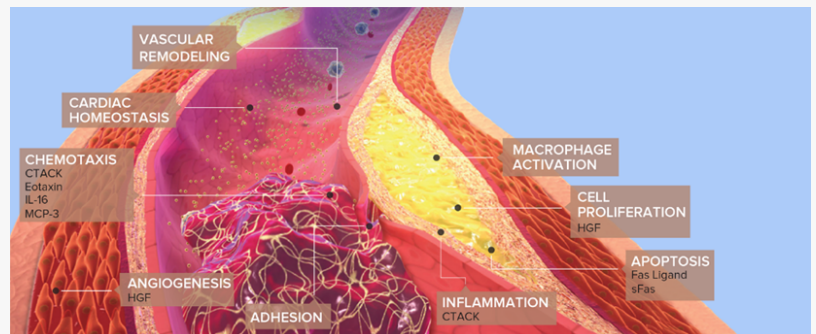
“

This is a recipe for disaster for someone who is susceptible to a heart attack. The arteries are constricted leaving it defenceless to a hockey heart attack.”

Diamond Fernandes

attacks and strokes occur with blockages that are less than 70%. This can go undetected with regular exercise treadmill tests.

The Heart Fit Clinic uses the [PULS Cardiac Test](#) to detect your risk of a heart attack or stroke. PULS



Cardiac test Calgary

(Protein Unstable Lesion Signature) is a simple blood test to detect vulnerable blockages. The Heart Fit Clinic is the only clinic in Alberta that uses the PULS Cardiac Test to detect your risk of a heart attack or stroke. For those who are at risk, the Heart Fit Clinic, along with a patient's physician, can intervene and prevent a fatal heart attack or stroke.

The Heart Fit Clinic focuses on preventing and reversing heart disease through lifestyle intervention that includes, exercise, nutrition, supplements, and stress management. It also uses [External Counterpulsation](#) for those at higher risk for coronary artery disease.



It is important to know the signs of a heart attack. Most times the signs of a heart attack can be vague: from indigestion, fatigue or pains in the back or shoulders, which can be brushed off from playing the sport. Most arenas are equipped with Automated External Defibrillators (AEDs) due to the increased risk of a heart attack or stroke. Most males never wants to use an AED, but it is even more important to truly understand heart attack risk with the PULS Cardiac Test.

Diamond Fernandes
Heart Fit Clinic
(403) 870-4348
[email us here](#)

This press release can be viewed online at: <http://www.einpresswire.com>

Disclaimer: If you have any questions regarding information in this press release please contact the company listed in the press release. Please do not contact EIN Presswire. We will be unable to assist you with your inquiry. EIN Presswire disclaims any content contained in these releases.
© 1995-2017 IPD Group, Inc. All Right Reserved.