



Ensuring a Healthy Heart with Abudo's Guidelines on Avoiding risks of Coronary Heart Diseases

Abudo successfully launched its online course on CHD, providing easy and structured disease education about the highs and lows of blood pressure.

PALO ALTO, CALIFORNIA, UNITED STATES, June 6, 2018 /EINPresswire.com/ -- Health success platform of Abudo has successfully debuted its online course on Coronary Heart Disease with the end goal to create awareness about the disease progression and management. CHD, mostly referred to as the thinning of blood vessels of the heart and plaque deposition leading to dangerous consequences, even death. CHD is the leading cause of death for both men and women all around the globe. According to the World Health Organization, about 610,000 people die of heart disease in the United States every year—that's 1 in every 4 deaths. It is for this reason that Abudo is targeting CHD patients, their friends, family and coworkers to provide disease education and stop the steady rise in the incidence of CHD.

“Abudo believes that raising awareness about the disease, providing guidance about its control and advocating for appropriate policies and programmes are key strategies to fight CHD” claims Abudo’s CEO Tariq Khurshid. He further emphasizes that “Abudo is an authentic and well-researched content provider and is one of the best platforms to address the issues regarding this widely prevalent disease”

With over 70k online health success education disseminators, Abudo’s vision reflects gaining a competitive edge by providing 100% unbiased and impartial education about CHD. Abudo understands that CHD costs U.S patients \$156.4 Billion each year. This total includes the cost of health care services, medications to treat CHD related complications, and missed days of work which is why Abudo contends that despite widespread awareness, there is still a need to educate people about CHD, its consequences and road to effective management.

Abudo offers subsidized subscriptions for interested individuals, with an added advantage of having the first phase absolutely free. This CHD Course is online and available 24/7. Patients and relatives can simply sign up for a course and access it from their desktop or mobile any anywhere, at any time with absolutely no age, gender or accessibility restriction. Moreover, this one of its kind initiative by Abudo offers value adding guidelines and checklists to improve quality of life all while endeavoring to help patients and caregivers manage stress, improve lifestyle and lead a healthy life. This course is a complete informative instruction manual as well as a certified CHD awareness disseminator which provides value for money by giving out all the benefits for just \$15.

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