

Physician and surgeon Kamal Pourmoghadam, MD starts Blog about Heart Health and related Medical Issues

Dr. Kamal Pourmoghadam's blog will focus on heart health, one of the most important public health issues. Heart disease is the leading cause of death in the US

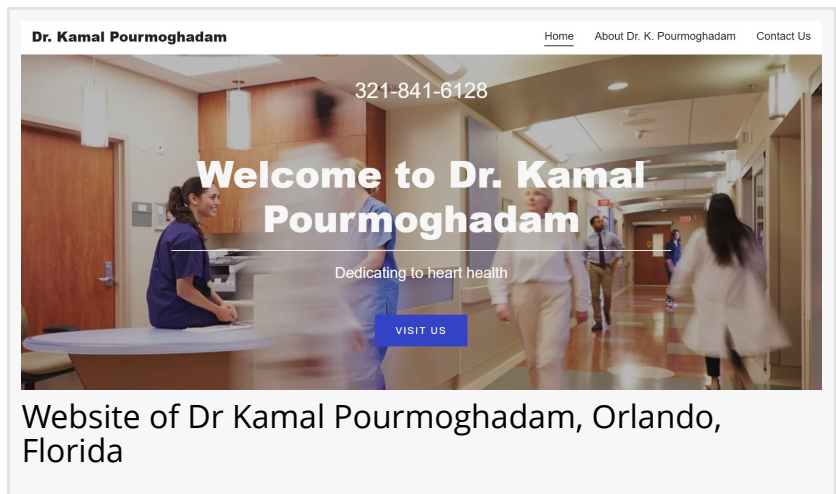
ORLANDO, FLORIDA, UNITED STATES, March 14, 2019 /EINPresswire.com/ -- Doctor [Kamal K. Pourmoghadam](#), board certified in general surgery, cardiothoracic surgery and congenital cardiac surgery, has started a Blog to provide easy-to-understand information how to keep your heart healthy, from childhood to old age.

With the Blog articles, the public and patients can easily understand the underlying medical issues and treatments. The Blog is available at <https://drpourmoghadam.home.blog/>

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*Dr. Kamal K. Pourmoghadam,
Orlando, Florida*



Website of Dr Kamal Pourmoghadam, Orlando, Florida

In his Blog, [Dr. Pourmoghadam](#) will explain that heart disease actually describes several conditions, many of which relate to plaque buildup in the walls of the arteries. As the plaque builds, arteries narrow, thus making it more difficult for blood to flow. This increases the for a heart attack or stroke. However, there are many other types of heart issues, such as angina, arrhythmia, and ultimately heart failure.

Here are some key points, very briefly summarized. What can one do to prevent heart disease? By prevention and heeding the warning signs and symptoms of heart problems. Some of the following signs and symptoms may indicate heart issues:

- * Pain or discomfort in the upper body
- * Breathlessness
- * Chest pain or discomfort
- * Lightheadedness
- * Cold sweats

Preventive measures to protect the heart include lowering blood pressure and cholesterol. Also, certain lifestyle changes can reduce the risk of heart disease, including:

- * Regular exercise
- * Heart healthy diet (low in saturated fat, sugars, and salt, and includes fresh fruits and

vegetables)

* Not smoking

* Carefully following the instructions for other medications you are taking

* Stress management

Dr. Pourmoghadam explains that “in today’s medical practices, doctors and staff are often rushed and do not always have the time to answer in detail all questions that the patients have. When patients research online, such as on the website of the National Institutes of Health, they find highly complex answers that are very difficult to understand for a layperson. I hope I can fill that information gap with explanatory articles that anybody can understand.”

Dr. Pourmoghadam’s blog is available at
<https://drpourmoghadam.home.blog/>

About Dr. Kamal K. Pourmoghadam

[Kamal Pourmoghadam](#), MD, is a pediatric cardiac surgeon at The Heart Center at Arnold Palmer Hospital for Children. He is board certified in general surgery, cardiothoracic surgery and congenital cardiac surgery.

Dr. Pourmoghadam earned his bachelor’s degree from University of California, Berkeley, and his medical degree from Albany Medical College in New York. He trained for adult cardiac surgery at the University of Miami, Jackson Memorial Hospital in Miami, and for congenital cardiac surgery at the University of Washington, Seattle Children’s Hospital in Seattle.

Dr. Pourmoghadam is a professor of surgery at the University of Central Florida College of Medicine, practicing congenital cardiac surgery for over

twenty years and has been active in clinical research. He has extensive experience in neonatal and infant cardiac surgery and has special interest in the repair of single ventricle physiology patients and research in univentricular hearts.

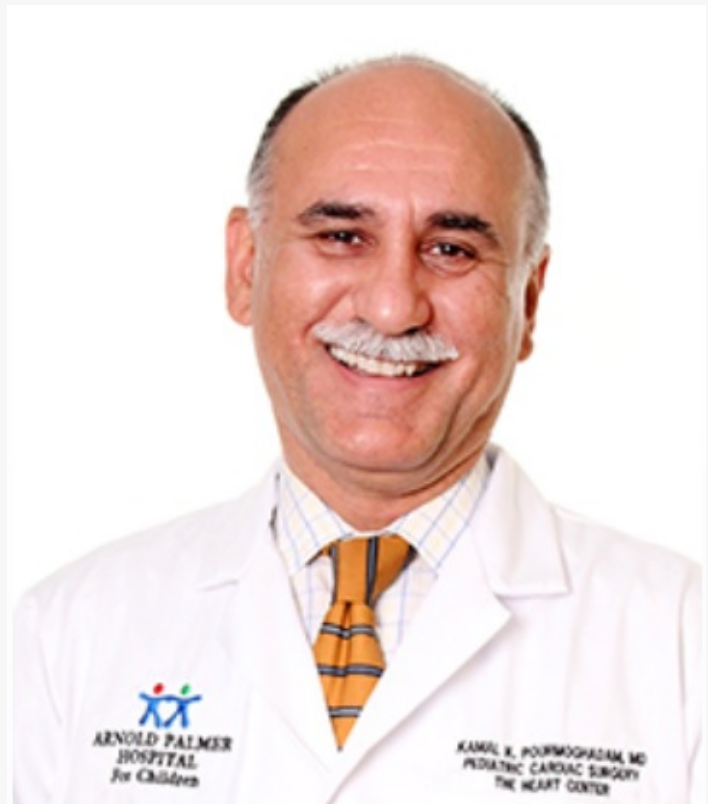
References:

Website: <https://kamalpourmoghadam.com>

Blog: <https://drpourmoghadam.home.blog/>



Dr Kamal Pourmoghadam, Orlando, Florida



Dr Kamal Pourmoghadam, surgeon in Orlando Florida

Blog:

<http://drpourmoghadamhome.wordpress.com>

News: <https://hippocratesguild.com/dr-kamal-pourmoghadam>

News: <https://medicogazette.com/dr-kamal-pourmoghadam#425f92ce-0ccc-4fe2-8c31-56cf497704f4>

News: <https://hype.news/dr-kamal-pourmoghadam/>

News report about Dr.

Pourmoghadam:

http://www.tiogapublishing.com/features/the_marketplace/covington-tot-returns-home-to-pennsylvania-after-lengthy-oklahoma-hospital/article_04865c00-0ae5-11e1-aec8-001cc4c002e0.html

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Dr Kamal K Pourmoghadam, Florida

<https://drpourmoghadam.home.blog/2019/03/14/dr-kamal-pourmoghadam-on-heart-health/>



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Blog of Dr Kamal Pourmoghadam

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