



A horizontal row of 20 empty rectangular boxes, intended for children to practice writing their names. The boxes are arranged in two rows of ten.

American Heart Association

TX, UNITED STATES, February 11, 2026 /EINPresswire.com/ --

American Heart Association [American Heart Association](#) (American Heart Association). American Heart Association. American Heart Association.

医生们表示，他们希望看到FACC、FRCPC和FESC的“共同声明”，以澄清关于新指南的“许多误解”。 “我们希望看到FACC、FRCPC和FESC的共同声明，澄清关于新指南的许多误解。 ”“我们希望看到FACC、FRCPC和FESC的共同声明，澄清关于新指南的许多误解。 ”

American Heart Association: "The American Heart Association has issued new guidelines for heart-healthy eating, which emphasize the importance of whole grains, fruits, vegetables, lean protein, and healthy fats. The guidelines also advise limiting saturated and trans fats, as well as added sugars. The AHA's recommendations align with the Dietary Guidelines for Americans, which encourage a diet rich in fiber, potassium, calcium, and magnesium. The AHA's guidelines also advise against smoking and excessive alcohol consumption. The guidelines are intended to help people reduce their risk of heart disease and stroke by promoting a healthy diet and lifestyle."

—[American Stroke Association](#) и [American Heart Association](#) (MENASO)—[Светлана Смирнова](#).

International Society of Hypertension Guidelines Committee. J Hypertens. 2013;31(11):2191-2229. © 2013 Lippincott Williams & Wilkins. All rights reserved. Reprinted with permission from [heart.org/internationalQI](http://www.heart.org/internationalQI).

A horizontal row of ten empty square boxes, used for input fields or list items. A colon is positioned at the end of the row.

- 美國心臟學會 心臟病預防 | 心臟病 | 美國 American Heart Association 研究報告 (美國心臟學會)
 - 美國心臟學會研究報告 (美國心臟學會)
 - 美國心臟學會研究報告 (美國心臟學會)
 - 美國心臟學會 AHA/ASA 研究報告 @HeartNews (美國心臟學會)

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美国心脏协会 American Heart Association 是一个非营利性组织。它致力于改善美国人民的心脏健康。该协会成立于 1924 年，是世界上最大的心脏病和卒中研究、教育和倡导组织。它每年为超过 1,000 项研究项目提供资金，并通过其网站 heart.org 和社交媒体平台（Facebook 和 Twitter）向公众提供有关心脏健康的最新信息。如果您有心脏病或卒中的风险因素，请咨询您的医生或联系美国心脏协会的客服中心 1-800-AHA-USA1。

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