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H Kauffman

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Dec 27, 2024 · Your risk of coronary heart disease increases based on the number of risk factors you have and how serious they are. Some risk factors — such as high blood pressure and unhealthy cholesterol levels can be adjusted through heart-healthy lifestyle changes. Other risk factors, such as your age, family history, and race and ethnicity, cannot be changed. [Heart Failure - What Is Heart Failure? | NHLBI, NIH](#) Mar 24, 2022 · Heart failure is a condition that occurs when your heart can't pump enough blood for your body's needs. Learn about the symptoms, causes, risk factors, and treatments for heart failure.

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