

# Protect your heart

visit [www.healthy-heart.org](http://www.healthy-heart.org)



Cardiovascular disease is a common condition, accounting for 4 million deaths per year in Europe. Find reliable information and practical advice to prevent cardiovascular disease, manage your health more effectively and live longer, more active lives.



### Learn more about:

- Your heart: What you should know
- How to keep your heart healthy
- Living with heart disease

*This website has been created by the European Society of Cardiology as part of the ESC Prevention of CVD Programme led by the European Association of Preventive Cardiology (EAPC) in collaboration with the Association for Acute CardioVascular Care (ACVC) and the Association of Cardiovascular Nursing & Allied Professions (ACNAP).*

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