



A GUIDE TO THE HEART-HEALTHY LIFE

Every action starts with the heart — living, laughing, loving, all of it.

But figuring out how to make our hearts healthier comes with a “not all of it” problem. As in, not all the information you’ll find on the topic is 100% helpful.

So here’s what we did for American Heart Month: We pored over every heart health tip in the Abbott book and compiled the notes. All of it so you can get back to one of our very favorite actions the heart can start: Enjoying.

[READ OUR GUIDE](#)

‘I DIDN’T THINK HEART FAILURE LOOKED LIKE ME’

Lakeisha Brown has a story to tell, and the moral is this: Listen to your body and don’t be afraid to ask questions.



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DIABETES AND HEART DISEASE: HOW TO MANAGE YOUR RISK

If you or a loved one have diabetes, here are the four things you should know to protect your heart health.



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A BIT ABOUT ABBOTT 1950s-NOW

Have you met Burger Billy Out of Philly? Billy was an eye-catching ad for our Dayalets vitamins in the 1950s. (Let’s hope the vitamins helped him get heart-healthy.) Our days of building ... meat-people are over, but our [passion for good nutrition](#) lives on.



A FEW MORE BEFORE WE GO

- [How to Optimize Your Hydration Routine for Winter Weather](#)
- [More Support for TriClip as a Treatment for Leaky Tricuspid Heart Valves](#)
- [Mixed Reality Blood Donation Technology Encourages People to Donate Again: Study](#)



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