Heart Your Heart: February is American Heart Month

Week of:
Feb 15, 2019

Can you predict your heart rate when exercising?

Dear Alice,

Is there an equation that would relate the relationship between exercise and heart rate. I understand the maximum and minimum heart rate equations for exercising. I would like to know if someone who is at their max. heart rate would be able to predict their heart rate if they increased their intensity. I am looking for something relating work intensity to heart rate.

Thank you very much for your time.

Joseph

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All about a heart murmur

Dear Alice,

What are the symptoms of a heart murmur? Can a heart murmur go away and, if so, how long does it usually last? Is there a cure for it? How do you know when you have a heart murmur?

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Am I having a heart attack or what?

Dear Alice,
Heart attack or not; that is the question?

Hope for guidance. Last July, I was taken to the emergency room with all the symptoms of a heart attack. Doctors ran all kinds of test, and there was nothing wrong with me. This happens to be the third time I am being rushed to the emergency room for the same reason. Last Christmas, while my husband and I were opening the presents for the family, I got extremely dizzy, my chest began to hurt, my arm got numb, I was shaking, sweating, and I was having problems breathing, and there have been times in which either the left or right side of my head gets numb. Needless to say, according to the test results, there was nothing wrong with me. I am very concerned about these episodes, and greatly concerned with the results. Panic attacks had been ruled out, and I am not acting this out to get attention. Emotionally and psychologically, I am well balanced; apart from the ups and downs of the days of my menstrual period, I am normally quite balanced. And no, these episodes had never been around those days.

I truly hope that you may have some suggestions about these symptoms; I am open to any helpful suggestion you may be able to provide me. Your answer will be greatly appreciated. Thank you, and God bless you.

Marijuana made my heart pound

Dear Alice,

I recently smoked marijuana, and while I was stoned, my heart pounded rapidly. Is this a normal effect of the drug, an allergic reaction, or something else??

Many benefits of aspirin — Miracle drug?

Dear Alice,

I've heard that aspirin is a miracle drug with many benefits not yet fully understood. Is this true? If so, can aspirin substitutes provide the same benefits?

—Tylsalicilic
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