Calling All Sports Fans

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Watching sports can be hazardous to your health if you get too worked up when your team is down. A recent study published in The New England Journal of Medicine found that sports-related stress—along with the heavy drinking and fatty foods that often accompany sports viewing—can double the incidence of cardiac arrest among those at risk. Researchers found that some men with heart-attack symptoms even put off getting help until after the game. To prevent this personal foul, talk to your doctor about your cardiovascular risks and get regular checkups.

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