



February 11, 2016 – Grand Rapids, MI

## The Silent Killer

On Tuesday, I told you about an article sent to me by a long-time reader. Today's message is about an email sent to me the same day as the other, but it's quite different.

In the second email, a woman let me know that her husband had passed away in his sleep several months ago. He was not overweight and seemed healthy. When the medical university nearby did an autopsy, they found he had an enlarged heart, most likely due to high blood pressure. That's one of the reasons hypertension is called the silent killer.

I can't imagine the grief of this reader or the family of that runner when these events occurred. No one can predict the precise moment we're going to check out, but we can find out where we stand as best as we can with the goal of trying to deal with what we find.

With February being American Heart Month, there's plenty of information about the signs and symptoms of heart disease in every written and online publication; even your local news is covering this month-long event. But in my opinion, there are a few things you probably won't hear or read about that are important to your health. I'll cover those on Saturday.

What are you prepared to do today?



**Dr. Chet**

---

## **WGVU** FM 88.5/95.3 **NPR** ***Straight Talk on Health***

Hear Dr. Chet's take on the latest health news and research—listen to *Straight Talk on Health* Sunday at 7:30 a.m. and 6 p.m. in the Eastern Time Zone on WGVU-FM 88.5 or 95.3, or listen live via the Internet by going to [www.wgvu.org/wgvunews](http://www.wgvu.org/wgvunews) and clicking on "Listen Live" at the top.

---

The health information in this message is designed for educational purposes only. It's not a substitute for medical advice from your healthcare provider, and you should not use it to diagnose or treat a health problem or disease. It's designed to motivate you to work toward better health, and that includes seeing your healthcare professional regularly. If what you've read raises any questions or concerns about health problems or possible diseases, talk to your healthcare provider today.

**Subscribe to the Message from Dr. Chet at DrChet.com — © Chet Zelasko PhD LLC**