

what prevented carson from helping his friend

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Pneumonia - Prevention | NHLBI, NIH

Pneumonia can be very serious and even life-threatening. You can take a few steps to try and prevent it. Vaccines can help prevent some types of pneumonia. Good hygiene (washing your hands often), quitting smoking, and keeping your immune system strong by getting regular physical activity and eating healthy are other ways to lower your risk of getting pneumonia.

Numbers to know for a healthy heart - NHLBI, NIH

Every February, during American Heart Month, the National Heart, Lung, and Blood Institute, researchers and public figures throughout the country step up their efforts to get the word out about what people can do to get – and keep – their hearts healthy.

Take Action for Your Heart: Get Started Factsheet - NHLBI, NIH

Get Started! Heart disease is the leading cause of death in the United States, but it can often be prevented. Adopting a heart-healthy lifestyle can help you reduce the risk of heart disease and its risk factors. Take action to protect your heart by following these tips.

YOUR GUIDE TO ANEMIA - NHLBI, NIH

Your Guide to Anemia is your first step to learning more about anemia—the most common blood disorder in the United States. Whether you've been diagnosed with anemia or have a family member or friend who is living with it, or you simply want to learn more about this blood disorder, the National Heart, Lung, and Blood Institute's (NHLBI) Your Guide to Anemia gives reliable answers to your ...

Eradicating Rheumatic Heart Disease - NHLBI, NIH

How can rheumatic heart disease be prevented? Sustained funding, scientific collaborations, and community-focused outreach — including increased awareness — are all needed to eliminate rheumatic heart disease. First, disease surveillance or identifying ways to track the spread of group A Streptococcus infection (group A strep) is essential.

COPD - What Is COPD? | NHLBI, NIH

COPD is a lung disease that makes it hard to breathe. It includes emphysema and chronic bronchitis. COPD is a major cause of disability and death, but it can often be prevented.

Insomnia - Treatment | NHLBI, NIH

CBT-I is a 6- to 8-week treatment plan to help you learn how to fall asleep faster and stay asleep longer. This is usually recommended as the first treatment option for long-term insomnia and can be very effective. CBT-I can be done by a doctor, nurse, or therapist; you can do it in person, by telephone, or online. It involves the following parts: Cognitive therapy helps you feel less nervous ...

The Heart Truth® | NHLBI, NIH

Join NHLBI, The Heart Truth, and organizations around the country on National Wear Red Day®, celebrated each year on the first Friday in February, to bring greater attention to heart disease awareness as the leading cause of death for Americans. Use the poster, stickers, and social media resources below to promote Wear Red Day in your community.

Pneumonia - What Is Pneumonia? | NHLBI, NIH

Pneumonia is a lung infection that causes your air sacs to fill up with fluid or pus. Learn about the causes, risk factors, signs and symptoms, and treatment for pneumonia.

Congenital Heart Defects - Screening and Prevention - NHLBI, NIH

Can congenital heart defects be prevented? While you cannot always prevent a congenital heart defect, you can take steps to lower your baby's risk. Avoid certain medicines if you are trying to get pregnant or are pregnant. Talk to your doctor about what medicines you take and ask which are safe to take during pregnancy