



# Improving heart health

**Heart disease and stroke are the leading causes of death in the United States. For Kaiser Permanente in Northern California, death rates in adults under age 65 are lower and dropping faster than in the rest of the country.**

Every day, we help prevent strokes and heart attacks. Our practitioners reduce damage to people's brains, eyes, arteries and vessels — and (of course) hearts. Our work literally helps people rest better at night, because high blood pressure can keep would-be sleepers awake.

When heart issues are well managed, you can focus on living your life. We can help you live it to the fullest.

> [Trust us with your heart](#)