

Coronary Artery Disease – When Are Heart Attacks Most Likely to Occur?

Now, a health minute.

Did you know heart attacks most commonly occur during the morning hours of 6AM and noon?

It turns out the heart's electrical activity, like other bodily functions, works under a biological rhythm.

In the early awaking hours, there's a sudden rise in blood pressure and in heart rate, probably as the body begins waking up and getting ready for the day.

This fast increase of blood pressure is due to higher levels of adrenaline, which can speed the breakup of plaque in your arteries, and as a result, may speed up the process that can eventually lead to a heart attack.

Today researchers are working to develop medical therapies that can balance this increased early morning risk.

Talk with your healthcare provider about ways you can reduce your risk for heart attack, no matter what time of day.