ARE YOU NEWLY SINGLE THIS VALENTINES DAY? WELL … MAKE SURE TO TAKE CARE OF YOUR HEART.

THAT’S BECAUSE THE STRESS OF FEELING ‘BROKENHEARTED’ CAN ACTUALLY HURT YOUR HEART AND OVERALL HEALTH. BUT IT’S NOT JUST A FAILED ROMANCE THAT CAN PROMPT WHAT’S REFERRED TO AS ‘BROKEN HEART SYNDROME.’ CARDIOLOGIST LECITICA CASTILLO KONTAK SAYS ANY SUDDEN EXTREME EMOTION CAN TRIGGER IT.

A sudden sort of emotional stressor can actually lead to something called the broken heart syndrome or ‘Takotsubo cardiomyopathy. Like a death in the family or, you know, an emotional stressor or something where it was very sudden can lead to high levels of stress hormones that lead to a heart attack.

DOCTOR CASTILLO KONTAK SAYS SYMPTOMS INCLUDE SHORTNESS OF BREATH AND CHEST PAIN … WHICH ARE TYPICALLY TREATED WITH MEDICATION.