

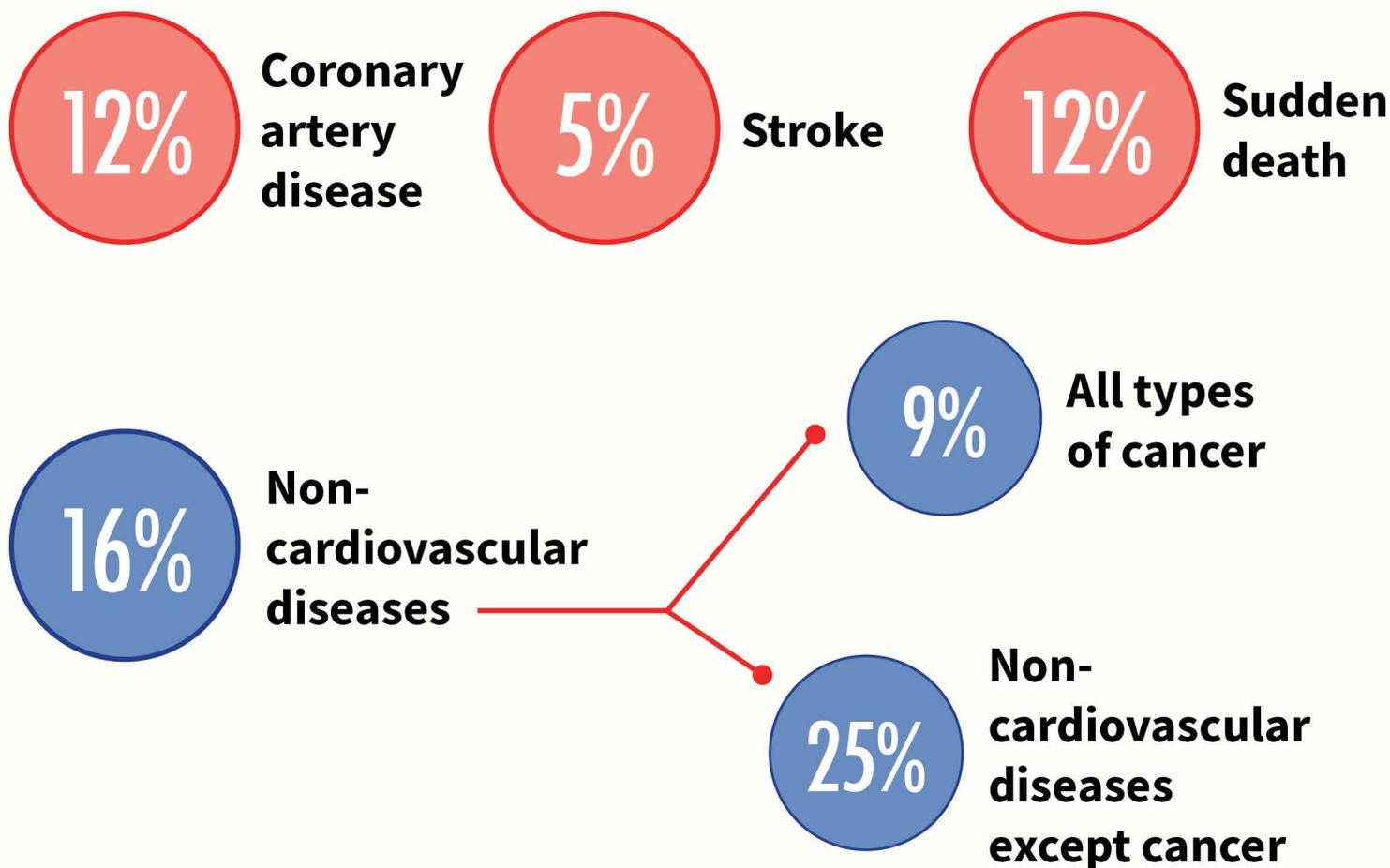
Resting heart rate & disease

High resting heart rate is associated with:



- Increased inflammatory markers
- Cardiovascular disease & mortality
- Functional decline

Every extra 10 beats
above 60 beats per minute increases risk by about:



In a general population,
a slower natural heart rate is related to better health.