

crisistrivia
hotseat

Mental health and cardiovascular wellness are increasingly recognized as deeply interconnected aspects of overall health. A study published in the Journal of the Heart Association has shed light on how treating mental health conditions can dramatically reduce medical emergencies for patients with heart disease.

According to the Journal of the Heart Association study, what was the risk reduction for emergency department visits when patients with heart failure or coronary disease received **both** psychotherapy and medication for depression or anxiety?

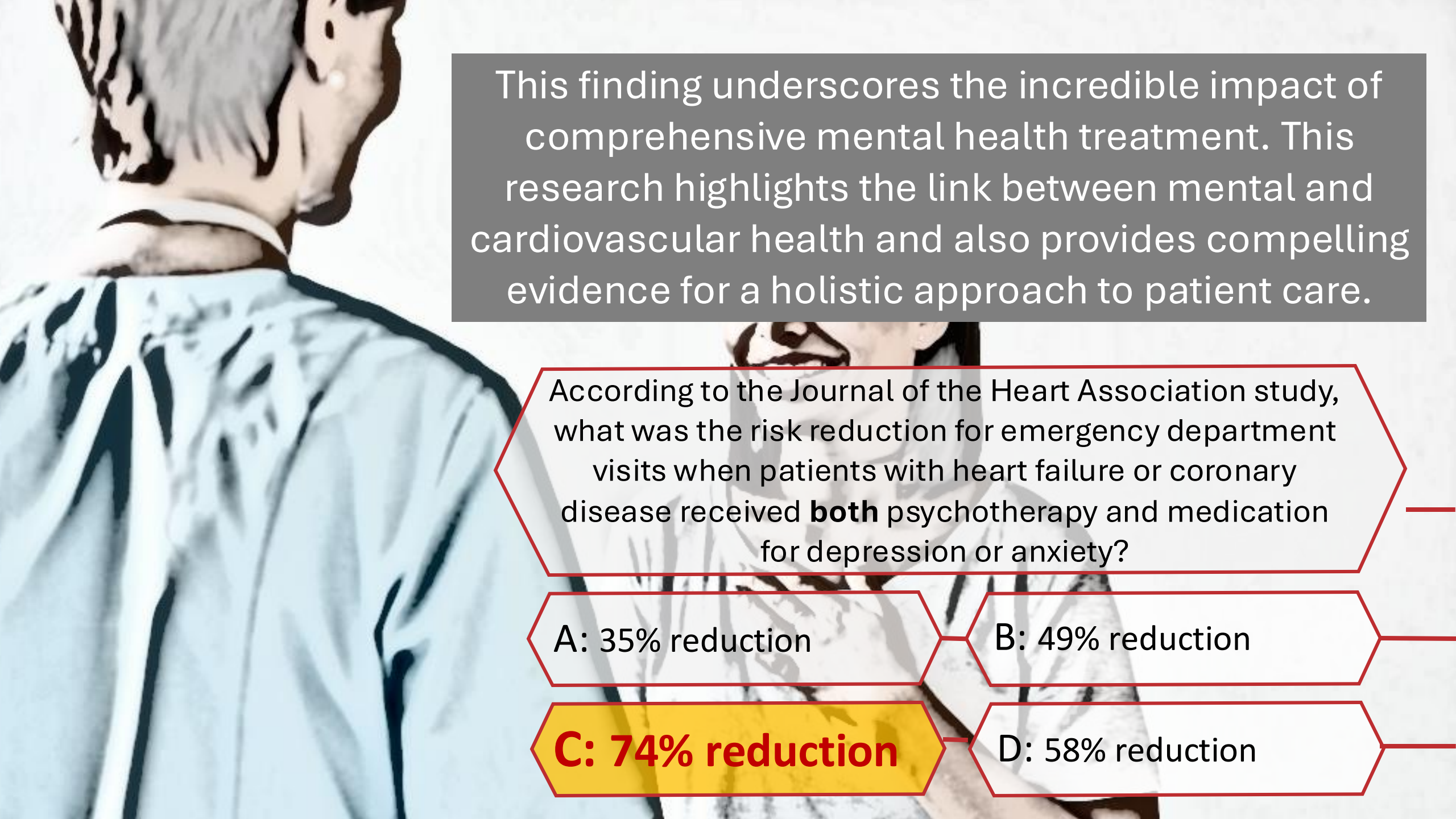
A: 35% reduction

B: 49% reduction

C: 74% reduction

D: 58% reduction





This finding underscores the incredible impact of comprehensive mental health treatment. This research highlights the link between mental and cardiovascular health and also provides compelling evidence for a holistic approach to patient care.

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