

Spring 2018

Retweet to save a life (literally)

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Recommended Citation

Koch, Allison, "Retweet to save a life (literally)" (2018). *Health Communication Social Media Messages*. 6.
http://thekeep.eiu.edu/healthst_undergrad_campaign_social/6

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Retweet to save a life (literally):

Fatty food clog your arteries! Choose low Trans fat foods or foods that have healthy fats such as nuts. Clogged arteries = hypertension which is the leading cause of heart disease (leading cause of death in US). #endheartdisease #choosewisefoods



Centers for Disease Control and Prevention (CDC). (2017, August 23). Heart Disease Facts. Retrieved March 20, 2018, from <https://www.cdc.gov/heartdisease/facts.htm>