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Arnold Is 56 Years Old And Considers Himself To Be In Good Health. He Has A Family History Of Heart Disease, a circumstance that warrants a comprehensive review of his health status, risk factors, and preventive measures. While Arnold feels well and maintains a relatively healthy lifestyle, the familial predisposition to heart disease elevates his personal health risks, making it essential for him to understand the implications and take proactive steps to safeguard his cardiovascular health.
