



The Heart-Brain Connection | Importance of Annual Physicals | Eyelid Twitching | Common Ear, Nose, and Throat Concerns in Kids



The Connection Between Brain and Heart Health

With aging comes increasing concern about brain conditions such as dementia, Alzheimer's disease, and stroke risk. But what many people may not realize is that there's a link between brain and heart health. Many risk factors that are known to contribute to the development and progression of heart disease are also involved in brain disease.

[Learn More](#)



12 Health Topics Covered at Your Physical



How to Stop that Irritating Eye Twitch



8 Signs Your Child Should See an ENT

“Undaunted, the person I spoke to on the phone was able to locate a cancellation and fit me in THAT MORNING! Incredible job on her part. And it turns out that the cardiologist Dr. Goyal took his time, gave me a thorough exam, and was able to identify next steps clearly and confidently ... seeing Dr. Goyal was really critical not only to my physical condition, but to my mental state as well. I am extremely grateful to Summit for helping me.”

~Summit Health Cardiology patient

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