

Are You An Old Soul? You May Just Have An Old Heart

By ACSH Staff — September 2, 2015

About 69 million Americans are not as young as they think they are. Using a calculator to measure BMI, blood pressure, age, and smoking habits, the CDC found more than 40 percent of Americans had hearts that were five years or more older than their actual age.

That's kind of.. heartbreaking.

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