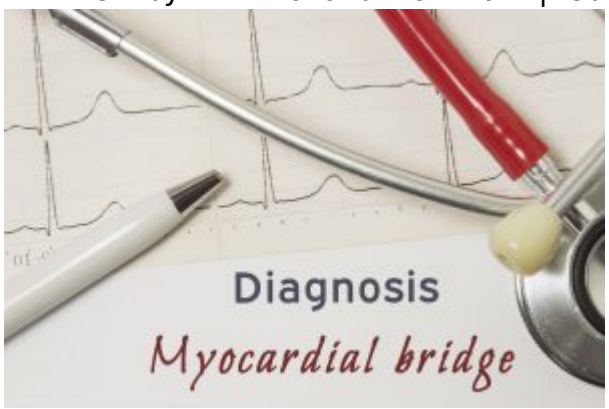
# Rethinking Heart Health: Uncovering Myocardial Bridges

written by Dr. Ronald Hoffman | July 2, 2025




From near tragedy to triumphant comeback! Hear Jeff Holden’s compelling story about overcoming his myocardial bridge, a little-known but deadly heart condition. Learn how myocardial bridge remains underdiagnosed and why awareness is crucial.