# Drinking water against heart failure and thrombosis?

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A study presented on August 24, 2021 at the Congress of the European Society of Cardiology in France concludes: "Good fluid intake throughout life could reduce the risk of developing heart failure." The author of the study is Dr. Natalia Dmitrieva from the National Heart, Lung and Blood Institute in Bethesda, US. She says: "Our study suggests that good fluid intake can prevent or at least slow down the changes in the heart that lead to heart failure. The results suggest that we need to pay attention to the amount of fluid we consume daily and take action if we find that we are drinking too little." Drinking eight glasses of water per day throughout life can reduce the risk of heart failure 25 years later, according to the current study.

It's good.
**to be truu.**