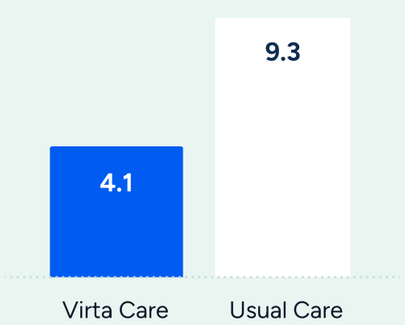
# Virta Health Reduces Risk of Heart Attack, Stroke, and Death by 56%

New, peer-reviewed evidence published in **Cardiology and Therapy** proves Virta's nutrition approach and clinical care model significantly lowers major cardiovascular events when compared to standard care.

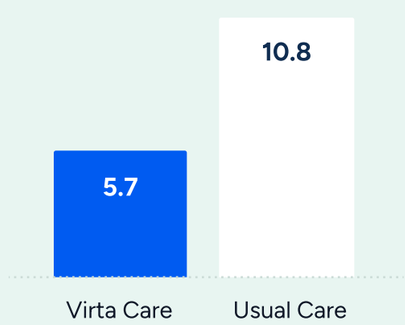
## 56%

lower risk of a heart attack, stroke, or death



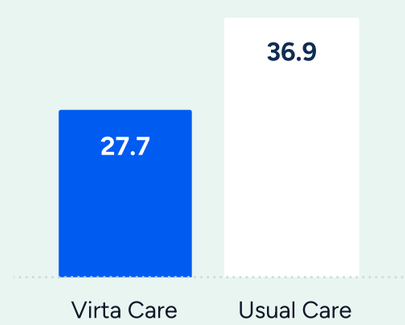

## 48%

lower risk of experiencing any major heart emergency



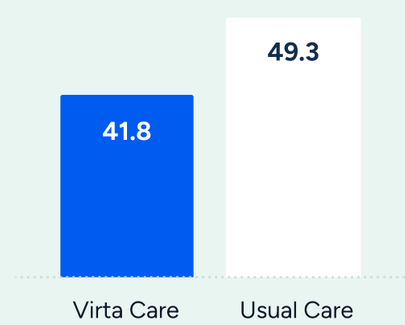

## 30%

lower risk of developing new heart disease




## 19%

lower risk of developing high blood pressure




Results analyzed more than 9,750 adults with type 2 diabetes or obesity and no prior history of heart disease.

Roberts, C.G.P., Shanmugam, P.V., Athinarayanan, S.J. et al. Cardiovascular Outcomes Among Adults with Type 2 Diabetes or Obesity Receiving Carbohydrate-Reduced Nutrition via Telemedicine: A Retrospective Claims-Based Cohort Study. Cardiol Ther (2026). https://doi.org/10.1007/s40119-026-00478-0.

virta