

Cardiovascular Disease: Additional Resources

General Information about Heart Disease

- American Heart Association (AHA)
 - What is a Heart Attack?: <https://www.heart.org/en/health-topics/heart-attack/about-heart-attacks#>
 - Heart Attack and Stroke Symptoms: <https://www.heart.org/en/about-us/heart-attack-and-stroke-symptoms>
- U.S. Centers for Disease Control and Prevention (CDC)
 - About Heart Disease: <https://www.cdc.gov/heart-disease/about/index.html>
- National Heart, Lung, and Blood Institute (NIH)
 - The Heart Truth: <https://www.nhlbi.nih.gov/education/heart-month/help-prevent-heart-disease>

Managing Heart Disease

- Healthy Habits Protect Your Heart: <https://www.cardiosmart.org/assets/fact-sheet/healthy-habits-protect-your-heart>
- Healthy Eating: <https://www.heart.org/en/healthy-living/healthy-eating>
 - (Go to www.heart.org and click on the 'Healthy Living' tab)
- 5 Healthy-Heart Steps That Take Just Minutes: <https://www.hopkinsmedicine.org/health/wellness-and-prevention/5-healthy-heart-steps-that-take-just-minutes>
- 3 Kinds of Exercise That Boost Heart Health: <https://www.hopkinsmedicine.org/health/wellness-and-prevention/3-kinds-of-exercise-that-boost-heart-health>
- Know and Control Your Heart Numbers: <https://www.nhlbi.nih.gov/education/heart-month/help-prevent-heart-disease>
- Diabetes and Your Heart: <https://www.cardiosmart.org/topics/diabetes-and-your-heart>