



Diagnosis, Prevention and Management of Coronary Artery Disease

Resources for Physicians

American Heart Association (The American Heart Association is a national voluntary health agency to help reduce disability and death from cardiovascular diseases and stroke.)

Provides featured science news, research, cardiovascular risk calculator and daily e-newsletter.

Centers for Disease Control

- Million Hearts® Action Guide Series – Provides evidence-based strategies for improving cardiovascular health.

Resources for Patients

American Heart Association

(The American Heart Association is a national voluntary health agency to help reduce disability and death from cardiovascular diseases and stroke.)

- Answers by Heart: Downloadable Q & A patient information sheets, in English and Spanish, on cardiovascular conditions, tests and treatments and lifestyle and risk reduction.
- Caregiver Resources: online support communities, printable resources and monthly e-newsletter.

Centers for Disease Control

Information about physical activity for adults and older adults.

DASH Eating Plan

Online booklet with information about servings and food groups for the DASH eating plan; tips on switching to the DASH eating plan; lowering sodium intake, using herbs and spices, and comparing labels; and how to lose weight.

Mediterranean Diet

Information in English and Spanish from Medline Plus, a service of the U.S. National Library of Medicine National Institutes of Health.

Million Hearts

Information on ABCS of prevention, Practice Healthy Living Habits

National Heart Lung & Blood Institute

Tips for a lifelong approach to prevent and control coronary heart disease risk factors.

USDA Choose My Plate

- Tips for increasing physical activity – How to make physical activity a regular part of the day at home, work and play.
- How much physical activity is needed?