



American
Heart
Association.



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- 1 Call **1-800-AHA-USA1** (1-800-242-8721) or visit heart.org to learn more about heart disease and stroke.

- Sign up for our monthly *Heart Insight* e-news for heart patients and their families at HeartInsight.org.

Connect with others sharing similar journeys with heart disease and stroke by joining our Support Network at heart.org/SupportNetwork.

Take a few minutes to write down questions for the next time you see your health care professional.

For example:

What kind of physical activity should I do?

What is a healthy weight for me?

We have many other fact sheets to help you make healthier choices to reduce your risk of heart disease, manage your condition or care for a loved one. Visit heart.org to learn more.