

American
Heart
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American
Heart
Association.

HOW CAN I LEARN MORE?

Call 1-800-AHA-USA1 (1-800-242-8721) or visit [heart.org](https://www.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](https://www.heart.org/HeartInsight.org).

Connect with others sharing similar journeys with heart disease and stroke by joining our Support Network at [heart.org/SupportNetwork](https://www.heart.org/SupportNetwork).

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

For example: