

Resources for a Healthy Heart

For additional information on heart disease risk factors and how to take action toward having a healthy heart, contact the organizations listed below:

Providence Heart Institute Educational Services Department

Providence Heart Institute is committed to helping our community learn as much as possible about preventing and treating heart disease. For a brochure that lists the many educational programs available from Providence such as adult CPR classes, smoking cessation programs, Safe Sitter classes and others, call our Educational Services department at (803) 256-5830 or visit our Web site at www.provhosp.com.

South Carolina Department of Health and Environmental Control

Bureau of Chronic Disease Prevention and Health Promotion

Division of Cardiovascular Health

1751 Calhoun Street, Columbia, SC 29201

Phone: (803) 898-0726

Fax: (803) 253-4001

Web site: www.scdhec.net/cvh/

The Division of Cardiovascular Health's (CVH) mission is to prevent and reduce heart disease and stroke in South Carolina. Its focus is on promoting community, institutional, and environmental changes in the areas of physical inactivity, poor nutrition, tobacco use, hypertension and high cholesterol. The Division is located within the Bureau of Chronic Disease Prevention and Control and is part of a network of chronic disease prevention programs working towards improving the health of communities across South Carolina. Find out more information about cardiovascular health in our state and tips on improving your health.

American Heart Association

National Center

7272 Greenville Avenue, Dallas, TX 75231

Phone: (888) MY-HEART (694-3278)

AHA Web site:

www.americanheart.org

Simple Solutions Web site:

www.americanheart.org/simpleolutions

Local Office

520 Gervais Street, Suite 300, Columbia, SC 29201

Phone: (803) 738-9540

Fax: (803) 727-0804

The American Heart Association aims to reduce disability and death from cardiovascular diseases and stroke by providing information on related topics. Through its national women's campaign, Take Wellness to Heart, women can access

educational tools and free programs to help them reduce their risk. To learn more about the prevention and treatment of heart disease and stroke, and free programs such as Simple Solutions, contact the American Heart Association.

National Heart, Lung, and Blood Institute Health Information Center

P.O. Box 30105, Bethesda, MD 20824-0105

Telephone: (301) 592-8573

TTY: (240) 629-3255

Fax: (301) 592-8563

E-mail: nhlbiinfo@rover.nhlbi.nih.gov

The Heart Truth campaign Web pages—about women and heart disease—can be found at www.nhlbi.nih.gov/health/hearttruth.

Materials available provide information about the prevention and treatment of high blood pressure, high cholesterol, obesity, diabetes and smoking.

NHLBI maintains a Web site at www.nhlbi.nih.gov. The site includes information and publications for health professionals, patients and the public. Special interactive Web pages offer self-assessment quizzes, medication information, heart healthy lifestyle tips and more.

WomenHeart: The National Coalition for Women With Heart Disease

818 18th Street, NW, Suite 730, Washington, DC 20006

Phone: (202) 728-7199

Web site: www.womenheart.org

Founded by women with heart disease, WomenHeart provides women with information about the risks of heart disease, prevention and survival skills. Useful resources include "Access in Healthcare," "Women and Heart Disease," and "Fitness & Wellness," which can be viewed at www.womenheart.org.

Office on Women's Health

U.S. Department of Health and Human Services

200 Independence Avenue, SW, Room 730B

Washington, DC 20201

Phone: (800) 994-WOMAN or (800) 994-9662

Web site: www.4woman.gov

Help yourself to better health! It's easier than you think. Use the National Women's Health Information Center (NWHIC) to get free, trustworthy women's health information on more than 800 topics. Find reliable publications and resources on heart disease, diabetes, nutrition and physical activity, eating disorders and much more.