Resources for Heart Disease

Organizations

- **American Heart Association**
  
  [www.americanheart.org](http://www.americanheart.org)
  1-800-AHA-USA1

  **Central Ohio Office:**
  
  5455 North High Street
  Columbus, Ohio 43214
  (614) 848-6676
  Fax (614) 848-4227

  - The AHA gives information about heart disease and care and how to prevent disease. There are Web links to podcasts and online videos as well as reading material. The AHA publishes books about heart disease and cookbooks.

- **WomenHeart**
  
  [www.womenheart.org](http://www.womenheart.org)

  - This Web site is organized by women who have survived heart disease. Medical experts provide disease care and prevention information. There are links to online chat, survivor stories, and other support groups.

- **National Heart, Lung, and Blood Institute**
  

  - The U.S. National Institutes of Health sponsors this Web site, which has trustworthy and up-to-date information about heart conditions. There are online disease risk calculators that are easy to use.

More on next page ➔

Learn more about your health care.
**Recommended Books**

Most public libraries have these books and others like them. Some of these are available at the Library for Health Information at the OSU Medical Center. Call the library at (614) 293-3707 for more information.


**Cookbooks**


American Heart Association Pamphlets

Here are some booklets you can ask for at the Library for Health Information:

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Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.