

LIFELINE

YOUR CONNECTION TO CURRENT MEDICAL RESOURCES

Heart Disease

VOLUME 23

FALL 2014



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A PUBLICATION OF THE HEALTH CONCERNS COMMITTEE
AN AD HOC COMMITTEE OF RASD, A DIVISION OF SCLA

INTRODUCTION

This bibliography on Traumatic Brain Injuries, compiled by the Health Concerns Committee of the Reference and Adult Services Division of the Suffolk County Library Association, is designed to act as a reference tool and a collection development guide. It presents an annotated, selective list of items in this subject area suitable for purchase by public and academic libraries. Most of the materials have publication dates within the past three years. All titles were selected by the committee. An attempt was made to cover all types of materials, including periodicals, adult, children and young adult books, databases, films, organizations, Internet sites, and hotlines.

The Health Concerns Committee was formed in January 1989. Its purpose is to explore and exchange information about health-related resources on topics of interest to public, school, academic, and special library patrons. Its objectives are to produce an annual bibliography and arrange an annual program as part of the RASD workshops. All librarians in Suffolk County are encouraged to join the committee.

Rona Dressler
Health Concerns Committee

Seniors

Agatston, Arthur. *The South Beach Heart Program: the 4-step plan that can save your life.* New York: Random House, Inc., 2006. 493p. 9780739326350. \$25.95.

The book introduces a program emphasizing a preventative rather than a therapeutic attitude toward cardiac health, detailing four key elements: heart-healthy eating, functional fitness, advanced blood test and heart imaging, and protective medications.

Braverman, Debra. *Heal Your Heart with EECF: the only noninvasive way to overcome heart disease.* Waterville, ME: Thorndike Press, 2006. 417p. 078628840X. \$29.95.

A nationally recognized expert in EECF (enhanced external counterpulsation) explores common misconceptions about heart disease and its cures and explains the cutting-edge, noninvasive heart procedure that is currently the primary heart disease treatment in China.

Cheney, Richard B. *Heart: an American medical odyssey.* Waterville, ME: Thorndike Press, 2013. 583p. 9781410465542. \$32.99.

Told through alternating narratives, the former vice president and his longtime cardiologist share the story of his 35-year battle with heart disease, discussing the latest cutting-edge science and offering hope to the millions of people struggling with cardiovascular disease around the world.

Chopra, Deepak. *Healing the Heart: a spiritual approach to reversing coronary artery disease.* New York: Random House Large Print in association with Harmony Books, 1998. 185p. 9780375702990. \$18.00.

A spiritual approach to coping with coronary artery disease presents an Ayurvedic program of diet, exercise, meditation, and self-awareness that is designed to promote a healthy heart by uniting one's mind, body, and spirit into a total health regimen.

Hyman, Mark. *The Blood Sugar Solution: the ultrahealthy program for losing weight, preventing disease, and feeling great now!* New York: Little, Brown and Company, 2012. 628p. 9780316196178. \$28.99.

A doctor explains how balanced insulin levels can prevent not just diabetes, but a variety of diseases--from heart disease to dementia--and offers a six-week healthy-living plan as part of his seven keys to achieving wellness.

Jackson, Elizabeth. *An Ageless Woman's Guide to Heart Health: your path to lifelong wellness.* Ann Arbor, MI: Spry Pub., 2013. 224p. 9781938170225. \$15.95.

Heart disease has long been thought of as a men's issue, when it is actually the leading cause of death in both men and women. In fact, since 1984, more American women than men have died of heart disease. Are you surprised? Often at the helm of their family's overall health, diet, and nutrition, a woman and her lifestyle decisions can affect not only her own wellbeing; they can determine the habits of her partner and children as well. By becoming better educated, a woman

can have a profound, permanent impact on the health of the people around her. *An Ageless Woman's Guide to Heart Health* is every woman's guidebook to enjoying a heart-healthy life. Renowned cardiologist Dr. Lisa Jackson shares tips and resources to help you make positive steps toward improving your health. Whether you're younger or older, fit or ailing, it's never too late to make changes in your life that can lead you and those you love to a healthier heart.

Katz, David L. *Disease-proof: the remarkable truth about what makes us well*. Waterville, ME: Thorndike Press, 2013. 521p. 9781410465290. \$31.99.

Dr. Katz offers advice on lasting behavioral changes to increase health and well-being and reduce the risk of chronic diseases through weight management, boosting the immune system, and reprogramming genes.

BOOKS

American Diabetes Association / American Heart Association. *Diabetes & Heart Healthy Cookbook: More Than 160 Delicious Recipes for Everything from Snacks to Desserts*. 2nd ed. Alpharetta, GA: American Diabetes Association. 2014. 184p. 9781580405188. \$18.95.

The American Heart Association and the American Diabetes Association have created this heart-healthy cookbook for people with diabetes. This expanded second edition, includes new recipes, twists on previous favorites, updated meal planning advice, and a beautiful new design. Every tasty recipe is low fat, carb controlled, and sodium conscious. Cardiovascular disease ranks as number one on the list of diabetes-related complications, so this cookbook may help diabetics, those with pre-diabetes, and people just looking to eat heart-healthier.

American Heart Association. *Go Fresh: A Heart-Healthy Cookbook with Shopping and Storage Tips*. New York, NY: Clarkson Potter. 2014. 320p. 9780307888068. \$19.99.

In its newest cookbook, the American Heart Association encourages readers to cook at home, with a focus on fresh ingredients, with 250 recipes in order to achieve a heart-healthy lifestyle. This book includes Healthy Swaps for substituting seasonal fruits and vegetables in delicious new ways, Shop & Store tips for making the most of your trips to the market and what you buy, and Tips, Tricks & Timesavers for reducing prep time and getting meals on the table faster.

Bale, Bradley, Doneen, Amy and Collier Cool, Lisa. *Beat the Heart Attack Gene: a revolutionary plan to prevent heart disease, stroke, and diabetes*. Nashville, TN: Wiley/Turner Publishing Company, 2014. 321p. 9781118454299. \$25.95.

This book presents a revolutionary, personalized guide to preventing heart disease based on genetic factors that goes beyond controlling cholesterol and blood pressure, addressing other major risk factors. With a new model for understanding and preventing heart disease, world-renowned cardiovascular specialists Bradley Bale, MD and Amy Doneen, ARNP, explain that with the right information and strategies, heart attacks are preventable -- even if heart disease runs in the family. This book includes illustrations, bibliographical references and an index.

Bowden, Jonny, Sinatra, Stephen, and Rawlings, Deirdre. *The Great Cholesterol Myth Cookbook: Recipes & Meal Plans That Prevent Heart Disease--Naturally*. Beverly, MA: Fair Winds Press, 2014. 192p. 9781592335909. \$21.99.

This is the cookbook companion to the bestseller *The Great Cholesterol Myth*, which argues that low-cholesterol fat may actually help in the fight against heart disease. The cookbook offers detailed meal plans and recipes that help to prevent and reverse heart disease. This book includes bibliographical references and an index.

Cheney, Dick and Jonathan Reiner, M.D. *Heart: An American medical odyssey*. New York: Scribner, 2013. 344p. 9781476725390. \$28.00.

This is the cardiac history of former vice-president Dick Cheney, told here by both Cheney and his longtime cardiologist Jonathan Reiner, M.D. Besides describing Cheney's thirty-five year experience beginning with his first heart attack in 1978 and culminating with a heart transplant in 2012, this work also traces the advances in cardiac care during this period. The book includes photos, bibliographic notes, and an index. Written for a general audience.

Crandall, Chauncey, M.D. *The Simple Heart Cure: Dr. Crandall's 90-Day program to stop and reverse Heart Disease*. West Palm Beach, FL: Humanix Books, 2013. 205p. 9781630060077. \$24.95.

The author, a cardiologist who also has been a cardiac patient, presents his plan for preventing and reversing heart disease, which has been influenced by his earlier anthropological studies of cultures free of heart diseases. Dr. Crandall recommends these three exercise components: 1) walk for 60 minutes each day, 2) build muscle mass through strength training, and 3) use activity to reduce stress. He then presents his life plan diet and his 90-day plan to reverse heart disease. Finally, he reviews alternative treatments which include dietary supplements. Appendices include the Simple Heart Cure Food List, a 14-day menu plan, and a shopping list; indexed. The book is written for a general audience.

De Richemond, Jeanette and Terry Paula Hoffman. *The Medical Library Association Guide to Finding out About Heart Disease: The best print and electronic resources*. Chicago: Neal-Schuman, 2013. 468p. 9781555707507. \$88.00.

This guide assists the librarian in providing authoritative print and online resources on heart disease to both health care personnel and average consumers. Each chapter focuses on a particular topic: specific heart and cardiovascular diseases and disorders, congenital heart diseases, diagnostic tests/treatments, risk factors and prevention, quality of life, and heart disease in women. Also, each chapter provides a few pages of explanatory information and then presents a variety of resources: books, websites, brochures and other short print publications, and webliographies. A glossary of medical terms and an index are provided.

DeSilva, Regis A. *Heart Disease (Biographies of Disease)*. Santa Barbara, CA: ABC-CLIO, LLC, 2013. 276p. 9780313376061. \$45.00.

The author is a professor at Harvard Medical School. He introduces the reader to an overview of the normal structure and function of the heart, and to a brief history of cardiology over the past 2000 years. He then describes each of the major diseases affecting the heart and its vessels. Symptoms and treatments are given for each, and case studies are given for some of the diseases. There is a chapter each on tests, external and implantable cardiac devices, surgical treatment, risk factors and preventive strategies for cardiac disease, and more. Appendices include a glossary and a brief listing of references and websites, followed by a complete index. The book is written for the educated layman and health care professionals.

Esselstyn, Ann Crile, Esselstyn, Jane, and Caldwell Esselstyn, Jr. *The Prevent and Reverse Heart Disease Cookbook: over 125 delicious, life-changing, plant-based recipes*. Garden City Park, NY: Avery Publishing Group. 276p. 9781583335581. \$25.00.

The plant-based nutrition plan Dr. Esselstyn advocates is based on his twenty-year nutritional study and is proven to stop and reverse even advanced coronary disease. In this cookbook companion to the revolutionary New York Times bestseller *Prevent and Reverse Heart Disease*, the Esselstyn family shares more than 125 delicious and nutritious recipes that enable readers to follow Dr. Esselstyn's dietary advice with ease.

Gadkari, Dr. Girish and Jeffrey R. Larsen. *Heart Disease and Health*. Dulles, VA: Mercury Learning and Information LLC, 2013. 133p. 9781937585907. \$24.95.

This is a layman's guide to heart disease and heart health maintenance, written in a question-and-answer format. The book is divided into five sections: 1) the heart and cardiovascular system (a description); 2) causes, effects, and risk factors for heart disease; 3) symptoms and diagnosis of heart disease and treatment of a heart attack; 4) follow-up treatment and recovery after a heart attack or surgery; 5) three keys to heart-healthy living (quitting smoking, managing stress, diet and nutrition). Some color photos, illustrations, and charts complement the text. A companion DVD offers videos, illustrations and resources to aid the reader's comprehension. A detailed table of contents and index is provided.

Jackson, Elizabeth, M.D., MPH. *An Ageless Woman's Guide to Heart Health: your path to lifelong wellness*. Ann Arbor, MI: Spry Publishing LLC, 2013. 224p. 9781938170225. \$15.95.

The author, a cardiologist with training in public health and nutritional epidemiology, presents this guide to help women maintain their heart health and cope with any cardiac issues. A description of the workings of the heart is followed by identification of risks, including arrhythmias, high blood pressure, cholesterol levels, and diabetes. She then discusses ways for women of all ages to improve heart health, which includes good nutrition habits, exercise, no smoking and stress reduction. Easy-to follow charts and information windows accompany the text. Appendices include *Getting Answers*, a list of questions that women

should ask their physicians, and a list of online resources. Indexed. This book is written for a general audience.

Kahn, Joel. *The Whole Heart Solution: halt heart disease now with the best alternative and traditional medicine*. New York: Reader's Digest Association, Inc. 2014. 320p. 9781621451433. \$24.99.

In *The Whole Heart Solution*, Joel K. Kahn, MD, reveals more than 75 simple, low-cost things you can do right away — from drinking your veggies to opening your windows to walking barefoot — to make yourself heart attack proof. This book includes bibliographical references and an index.

Kennedy, John M. *The Heart Health Bible: the five-step plan to prevent and reverse heart disease*. First Da Capo Press ed. Boston, MA: Da Capo Press, 2014. 286p. 9780738217185. \$15.99.

Dr. John M. Kennedy draws on more than twenty years of experience as a preventative and interventional cardiologist to offer an empowering approach to heart health with H-E-A-R-T, a five-point plan to lower your risk of cardiovascular disease: Heal your blood pressure; Energize your heart; Act on fat; Reduce blood sugar; Tackle triglycerides. Dr. Kennedy explains how to incorporate these steps into your daily routine, as well as a plan to help parents start their kids on a heart-healthy lifestyle. This book also features heart-healthy foods and recipes, includes bibliographical references and an index.

Masley, Steven. *The 30-day heart tune-up: a breakthrough medical plan to prevent and reverse heart disease*. 1st ed. New York: Center Street, 2014. 387p. 9781455547135. \$25.00.

Rather than concentrating efforts upon lowering cholesterol and blood pressure, Masley addresses glucose levels, finding studies to show that sugar, not fat, does most of the heart damage. The program aims to shrink arterial plaque, improve circulation, and strengthen your heartbeat with fiber and fitness through diet, exercise, stress management, and supplements. This book includes illustrations, charts, photographs, recipes, bibliographical references, and an index.

Ozner, Michael D. *The Complete Mediterranean Diet: everything you need to know to lose weight and lower your risk of heart disease... with 500 delicious recipes*. Dallas, Texas: BenBella Books, 2014. 559p. 9781939529954. \$19.95.

In *The Complete Mediterranean Diet*, top cardiologist Michael Ozner offers the traditional Mediterranean diet - clinically proven to reduce your risk of heart disease, and a host of other diseases, with the latest scientific findings in health and nutrition to create a diet that's easy to follow. The book offers readers evidence supporting the Mediterranean diet's incredible health benefits, and with 500 delicious recipes, from soups to omelets, from salads to desserts, this book illustrates how and why to change your diet for a longer, healthier, happier life. This book includes bibliographical references, a glossary and an index.

Prasad, Kedar. *Fight Heart Disease with Vitamins and Antioxidants*. Rochester, VT: Healing Arts Press. 2014. 240p. 9781620552964. \$16.95. (Pb).

Leading researcher Kedar N. Prasad, Ph.D. reveals the latest revolutionary discoveries on the use of antioxidants and micronutrients to treat heart disease in this practical scientific guide. He details how the proper combinations of vitamin and antioxidant supplements can greatly increase the effectiveness of standard medical treatments for heart disease, prevent the onset despite family history, help balance cholesterol levels and blood pressure, minimize plaque and clot formation, and also reduce angina and atherosclerosis. Prasad provides an easy-to-follow daily supplement regime for multiple age groups to target free radical damage and cell injury and stop the progression of heart disease and related complications. Sharing the scientific data on familial heart disease and antioxidant use, he challenges studies that have focused on specific micronutrients rather than synergistic combinations and have therefore surmised that vitamins and antioxidants are ineffective for heart disease.

Steinbaum, Suzanne, D.O., M.D. *Dr. Suzanne Steinbaum's Heart Book: every woman's guide to a heart-healthy life*. New York: Penguin Group, 2013. 371p. 9781583335055. \$26.00.

Dr. Steinbaum focuses on improving and maintaining heart health for women. In addition to recommending a nutritious diet and exercise, she also promotes the importance of stress reduction and involvement in healthy relationships. Also included is information on hormone replacement, improving sleep habits, and healthy sex practices. Appendices include a heart healthy meal plan, a shopping list, and more resources which include books, websites and apps; an index is provided. This book is recommended for a general audience.

Thaik, Cynthia. *Dr. Cynthia's Your Vibrant Heart: restoring health, strength & spirit from the body's core*. 1st ed. Burbank, California: Revitalize Press, 2014. 298p. 9780989104128.

Acclaimed cardiologist Dr. Cynthia Taik explores the dynamic growth and healing processes of our ever-evolving hearts. Forging the missing links between Eastern and Western medicine, Dr. Cynthia covers the wisdom of conventional practices while also incorporating the understanding of a mind-body connection that places the power of healing back in the hands of patients.

Thow, Morag, Keri Graham, and Choi Lee. *The Healthy Heart Book*. Champaign, IL: Human Kinetics, 2013. 148p. 9781450432788. \$17.95.

This easy-to-read guide begins with what heart disease is, how it is treated medically and surgically, and how the patient feels after a heart event. Then, the authors present methods to help the patient modify risk factors, including healthy diet, keeping active through exercise and walking, not smoking, and coping with stress. Appendices include templates to help the patient plan for exercise, a list of healthy food swaps, a few healthy recipes, and sample exercise programs illustrated with black-and-white photos; an index is included. Associations and websites listed are all from Great Britain. The book is written for a general audience.

Zander, Laura. Crochet Red: Crocheting for Women's Heart Health. New York: Sterling Publishing Company, Inc. 9781936096619. 144 p. \$17.95.

Crochet Red is part of Stitch Red, a campaign started by Jimmy Beans Wool founder Laura Zander and involving key players in the yarn and fabric industries. This third book in Laura Zander's successful Stitch Red series offers crocheters the opportunity to contribute to the fight against women's heart disease! More than just a collection of stunning projects, this is an appeal to women to take charge of their heart health. Crochet Red features the designs of 30 celebrity crochet designers, plus profiles in which they share their experiences with heart disease and tips for staying healthy. Zander has partnered with The Heart Truth®, a public-awareness program sponsored by the National Institutes of Health, which will receive a portion of the proceeds from the sale of the book.

Heart Healthy Cookbooks:

American Heart Association, ed. *The Go Red for Women Cookbook: Cook Your Way to a Heart-Healthy Weight and Good Nutrition*. New York: Clarkson Potter, 2013. 9780385346214. 272p. \$22.50.

The introduction includes shopping tips such as choosing more nutrient-rich foods, reading the nutrition label facts, and planning meals in advance. The 200 recipes range from appetizers, soups, salads, and various types of entrees (meat, seafood and vegetarian), desserts, breakfasts, and more. Each recipe includes calorie and nutrient counts and diet exchanges. Appendices include the warning signs of heart attack and stroke and sample menus; an index is given. Written for a general audience.

Bowden, Jonny, Ph.D. and Stephen T. Sinatra, M.D. *The Great Cholesterol Myth Cookbook: Recipes & Meal Plans That Prevent Heart Disease – Naturally*. Beverly, MA; Fair Winds Press, 2013. 9781592335909. 192p. \$21.99.

A companion to Dr. Sinatra's earlier book *The Great Cholesterol Myth*, that advocates that dietary fats are not the enemy in maintaining heart health and preventing heart disease. Instead, he warns against sugar, inflammation, stress and high-carbohydrate and processed food diets as the foe. Recipes for 100 heart-healthy dishes, with a nutritional analysis for each, are given. A *Month of Menu Plans* and an index are included. Recommended for a general audience.

Logue, Dick. *1001 Heart Healthy Recipes: Quick, Delicious Recipes High in Fiber and Low in Sodium & Cholesterol That Keep You Committed to Your Healthy Lifestyle*. Beverly, MA; Fair Winds Press, 2013. 9781592335404. 574p. \$21.99.

A compendium of recipes, each including all of the recommended aspects of heart-healthy guidelines: lowering trans and saturated fats, lowering salt levels, and use of whole grains and other high fiber foods. Nutritional information is given for each. Information on cooking terms, weights and measurements, and an index are given. Written for a general audience.

Piscatella, Joseph C. and Bernie Piscatella. *The Healthy Heart Cookbook: More Than 650 Recipes for Every Day and Every Occasion*. New York: Black Dog & Leventhal Publishers, 2013. 9781579129255. 448p. \$19.95.

Written by a husband-and-wife team who are co-authors of several other books on eating and health, this volume contains over 650 recipes for dishes consisting of moderate dietary fat levels, heart-healthy oils, increased complex carbohydrates, reduced salt and sugar, and more lean protein, fish and seafood. Each recipe includes a nutritional analysis. An index is provided. This book is written for a general audience.

Welland, Diane, MS, RD. *The Complete Idiot's Guide to the TLC Diet*. New York: Penguin Group, 2013. 9781615642380. 336p. \$19.95.

The TLC (Therapeutic Lifestyle Changes) diet is a method originally developed by the National Institute of Health and designed to lower cholesterol levels, reduce blood pressure, manage blood sugar levels and lose weight, all recommended in preventing and managing heart disease. The book contains a discussion of TLC nutrition, including information on fats, carbs, and salt. Suggestions for menu planning and shopping are given. Sample menus for four different calorie levels are provided. Eighty recipes with nutritional information are included. The book includes a glossary, a bibliography of written and online resources, and an index. It is written for a general audience.

Newspaper Articles

“Breakthrough Clinical Study Shows Aged Garlic Extract Reverses Heart Disease”. *PR Newswire*. (June 2, 2014).

New research has discovered that a specific form of garlic, Aged Garlic Extract (AGE), significantly reduces low-attenuation plaque, also known as “soft plaque” or non-calcified plaque, within the arteries of patients with metabolic syndrome. A double-blind, placebo-controlled clinical study was conducted with 55 middle-aged patients. A dose of 2,400 mg of AGE was given daily. A year later researchers found that patients taking AGE had slowed total plaque by 80%, slowed the progression of atherosclerosis- a gradual narrowing and hardening of the arteries involved in heart attacks and strokes.

Brinton, Elliot. "Knowing the facts about beating heart disease." *De Moines Register* (September 19, 2013).

Many of the negative outcomes associated with heart disease are preventable, thanks largely to cholesterol-lowering drugs called statins. However, many people stop taking statins or refuse them altogether. This article explores the benefits of these drugs and dispels some common myths about statins.

Brown, Eryn. "A long history of heart disease: scientists find signs of cardiovascular trouble in mummies who lived far apart in place, time". *Los Angeles Times*, (March 11, 2013) AA.2.

CT scans of mummies who lived over 5000 years ago appear to show that they have the same vascular blockages that cause heart attacks and strokes in Americans today. The findings suggest that humans may have a pre-disposition to developing cardiac disease as they age.

"DMC Heart Hospital First in U.S. to Use New Device to Treat Vascular Disease." *PR Newswire* (October 13, 2014).

Detroit Medical Center (DMC) doctors Schreiber and Elder are the first in the country to use the Lutonix 035 Drug Coated Balloon PTA Catheter (DCB), the first and only approved by the U.S. Food and Drug Administration, on a patient suffering from severe Peripheral Arterial Disease (PAD). This non-surgical device administers a medication that significantly enhances its ability to remove arterial blockage, helping PAD patients successfully gain movement in their limbs.

Fernau, Karen. "Eating the Mediterranean way." *Arizona Republic* (March 8, 2013) H1.

Cites studies published in the *New England Journal of Medicine* that showed, for the first time, that the Mediterranean diet reduced heart disease risk and death rates. Offers advice on ways to incorporate the Mediterranean Diet into your lifestyle.

"Heart Disease" *The Spectrum* (February 5, 2013).

This article examines heart disease in general, the causes for heart disease and the various risk factors people face.

"Heart Disease Can Be Fought" *The Spectrum* (February 25, 2013).

Attention is paid to lifestyle and home remedies as well as coping and support and prevention of heart disease.

Hellmich, Nancy. "Experts Offer Heartfelt Advice on Taking Cardiac Care: The Three Big Factors – Exercise, Smoking and Blood Pressure." *USA Today* (November 18, 2013) D4.

A Q&A with Cardiologist Mariell Jessup, President of the American Heart Association on how Americans can take control of their heart health.

Hellmich, Nancy. "Flu Booster May Boost Heart Health". *USA Today* (October 23, 2013): A3.
Studies show that getting the flu shot cuts the risk of having a heart attack or stroke by more than 50% in people who have already had a heart attack.

Hellmich, Nancy. "Many Heart Disease Deaths are Avoidable, Report Says: Lifestyle Changes Could Save 200,000 Every Year." *USA Today*, (September 4, 2013).

CDC researchers claim that deaths from heart disease and stroke could be prevented if people made healthy changes including stopping smoking, maintaining a healthy weight, doing more physical activity, consuming less salt and managing their high blood pressure, high cholesterol and diabetes.

Kansal, Priya. "Half of Women at Risk of Heart Disease." *Statesman Journal* (Salem, OR) (27 Jan 2013).

A Q&A with a female cardiologist who answers some common questions related to heart disease specifically in women.

Kolata, Gina. "Culprit in Heart Disease Goes Beyond Meat's Fat." *New York Times*, (08 April 2013).

Scientists suspect that saturated fat and cholesterol make only a minor contribution to the increased amount of heart disease seen in red-meat eaters. The real culprit, they say, is a little-studied chemical called TMAO that is burped out by bacteria in the intestines after people eat red meat.

Kolata, Gina. "In Single Gene, a Path to Fight Heart Attacks." *New York Times*. (July 7, 2014) A1.

Since the late 1980's there has been no new major class of drugs, other than statins, to help lower heart disease risk by reducing LDL cholesterol. Even with high-dose statin treatment people still have high levels of triglycerides (a kind of blood lipid) and go on to have heart attacks. Researchers are looking for something beyond statins. Two major studies identified mutations in a single gene that protect against heart attacks by keeping triglyceride levels low for a lifetime. Hopeful results came from a small company that made a drug that counteracts this gene and slashed triglyceride levels by 71 percent.

"Large Study Reaffirms Calcium Supplementation Safe For Women's Heart Health." *States News Service*. (June 4, 2014).

A new study published in the scientific journal, *Osteoporosis International*, found no correlation between supplemental calcium intake and risk of incident coronary heart disease (CHD) and stroke. In another large-scale, long-term prospective study of 74,245 women with over 24 years follow-up found the same results. In fact, this study suggests that calcium supplements are associated with decreased risk of cardiovascular disease. CRN (Council for Responsible Nutrition) senior vice president states government data shows Americans don't get enough calcium and as an essential bone health nutrient should be studied more.

Lear, Martha Weinman. "The Woman's Heart Attack". *New York Times* (September 28, 2014): 5 (L).

A woman's informative and eye-opening account of her own heart attack reveals why men and woman are treated so differently during a cardiac arrest episode. In a 1996 national survey of doctors, two thirds were not aware that men and women experience more varied warning signs and symptoms than men; less painful. Which may be why less women seek help right away. It was not until 2001, when a study from the U.S. Institute of Medicine analyzed masses of data and confirmed a prevalent gender bias. Still only 24% of participants in heart related studies are woman. This article brings to the surface why although more men have heart attacks, a greater percentage of women die of them. The author leaves us with advice that it's good to be informed, not terrified.

Lee, Frank. "Local Experts Offer Advice on Avoiding Heart Disease". *St. Cloud Times*, (February 10, 2013).

This article explains how heart disease affected one family, and provides a plan of prevention including changing eating habits and making lifestyle changes.

Preidt, Robert. "Vegetarianism May Cut Heart Disease Risk by Third". *The Desert Sun* (Palm Springs California, (February 4, 2013).

A new British study finds that vegetarians may have about a third less risk of hospitalization or death from cardiovascular disease than meat-eaters do.

Shan, Karin Maserjian. "Lifestyle Key to a Healthy Heart." *The Poughkeepsie Journal* (February 17, 2013).

According to the American Heart Association's report, "Heart Disease and Stroke Statistical Update 2013," poor eating and exercise habits are slowing progress in the battle against heart disease and stroke.

Skola, Shereen. "Heart Health Tied to Sleep Habits". *Wasau Daily Herald*, (February 17, 2013).

Lack of sleep can do more than make you sluggish; new research shows a good night's sleep can go hand in hand with maintaining a healthy heart.

Stamford, Bryant. "Failure to Floss Has Unhealthy Strings Attached." *Courier Journal* (Louisville KY), (September 05, 2013) D.3.

Explains how bacteria in the teeth make their way through the bloodstream and into the walls of the heart- leading to heart disease.

“Start Early to Lessen Risk of Heart Disease.” *The Spectrum* (February 5, 2013) 4.

Your family's history of heart disease is a major indicator of your own risk but history doesn't have to repeat itself. This article claims that, armed with this knowledge; you can take control of your own health, maintain a healthy heart and prevent heart disease.

Strom, Stephanie. “Big Soda Makers Agree on Effort to Cut Americans’ Drink Calories.” *New York Times*. (September 24, 2014): B2 (L).

At the 10th Annual Clinton Global Initiative in NY, the three largest soda companies Coca-Cola, PepsiCo and Dr Pepper Snapple Group pledged to cut the calories in their sugary drinks by one-fifth or 20% in about a decade. They acknowledged that their companies play a role in the country’s obesity crisis and increasing rates of diabetes and heart disease. In low-income communities sugary drinks make up half or more of the calories a child consumes daily. This pledge builds on a past commitment made to reduce caloric consumption in drinks on school campuses. The new program will start in Little Rock, Ark., and Los Angeles.

“Treatments for Heart Disease Vary.” *The Spectrum* (February 19, 2013)

This article focuses on the treatments of heart disease including surgery, traditional medications and alternative medicines.

Weaver, Christopher. “Heart Beat: New Rules for Giving Good Cholesterol a Boost”. *Wall Street Journal*, (January 8, 2013)

A string of recent clinical studies have shown medicines that raise "good cholesterol" to be no more effective at warding off heart disease than widely used "bad-cholesterol"-cutting drugs alone.

Winslow, Ron. “The Next Frontier in Heart Care; Research Aims to Personalize Treatment With Genetics.” *Wall Street Journal Online* (November 26, 2013).

Heart disease specialists hope genetics will reveal fresh insight into the interaction between a person's biology, living habits and medications that can better predict who is at risk of a heart attack or stroke.

Zimmer, Carl. “Blood From the Young May Hold a Key to Reversing Aging, Research Teams Agree.” *New York Times*. (May 5, 2014) A15 (L).

In the 2000s, scientists realized that stem cells were not dying off in aging tissues, they just were not getting the right signals. Studies that were published recently show that blood from young mice reverses aging in old mice, rejuvenating their muscles and brains leading to treatments for disorders like Alzheimer’s and heart disease. Studies at Harvard found a protein called GDF11 that was abundant in the blood in young mice and helped rejuvenate the hearts of old mice, as well as sprouting new connections in the neurons of the hippocampus, a region of the brain that is crucial for forming memories. Doctors hope that experiments on people to see if the human version of GDF11, or other molecules in the blood of young people, has a similar effect on older adults.

Professional News Articles

Beshiri, Agim. "The ongoing evolution of cardiac biomarkers for myocardial infarction." *Medical Laboratory Observer*. (August 2013).

This article discusses the importance of cardiac biomarkers and the criteria for diagnoses of a cardiac event in a timely fashion, as it is critical to the survival and rehabilitation of the individual who has suffered a myocardial infarction or heart attack.

Faloon, William. "Dangerous misconceptions." *Life Extension*. (June 2013).

This article discusses the misconception that heart disease kills more men than women, when in fact since 1984 more women have died from heart disease than men. Right now 1 in 3 female adults in the U.S. has some form of cardiovascular disease. The article describes the symptoms women experience before and during a cardiac event and how historically women have received less aggressive heart disease prevention and treatment and some tests and screenings that are recommended.

"A heart attack prevention checklist". *Harvard Men's Health Watch*. (July 2013).

This article offers those diagnosed with heart disease several must do steps men need to take according to Dr. Deepak L. Bhatt, chief of cardiology at VA Boston Health Care System and director the Intergrated Interventional Cardiovascular program at Harvard affiliated Brigham and Women's Hospital. They include, taking medication, being physically active, sign up for cardiac rehabilitation, get a flu shot, drink alcohol in moderation and lose weight. The article encourages those not formally diagnosed with heart disease to follow these steps as well. Article includes a table.

Hubbard, Sylvia Booth. "5 secrets to raising good cholesterol". *Newsmax*. (July 21, 2013).

This article discusses what you can do to lower the bad cholesterol, low-density lipoproteins (LDL) and raise the good cholesterol, high-density lipoprotein (HDL). The author discusses what cholesterol is, why the HDL kind is so important in preventing heart disease. The author states that quitting smoking, losing weight and exercising are three effective methods of raising HDL levels along with specific foods that are also known to raise HDL levels is provided.

"New aortic valve replacement saves more lives than open-heart surgery." *PR Newswire*. (April 2, 2014).

A study performed at Pinnacle Health Valve Clinic revealed groundbreaking results for patients with severe aortic stenosis, a condition that keeps the aortic valve from opening and closing. In patients with aortic valve stenosis, the self-expanding transaortic-transcatheter aortic valve bioprosthesis implant, was associated with a significantly higher rate of survival after one year, than open heart surgical aortic valve replacement. The patients who were part of the

transcatheter aortic valve replacement (TAVR) trial and those who had the open heart surgery saw similar improvements. The TAVR is an option for high risk surgery patients and is minimally invasive.

“Omega wonders launches new improved purified Omega-7 Supplement”. *PR Newswire*. (December 10, 2013).

In a double-blind placebo controlled study, a daily intake of 210 mg of a natural purified omega-7 supplement, proved to be better than a placebo for managing cholesterol, triglycerides, and inflammation. This new scientifically purified supplement is an improvement to the Cardia 7 formulation because it contains more of the good heart-healthy omega-7 palmitoleic acid and none of the bad palmitic acids known to contribute to atherosclerosis, diabetes, and weight gain. For this reason, Purified Omega-7 has been mentioned widely by Drs. Oz and Roizen.

Rosenthal, Marie. “Metabolic syndrome: combination of three conditions is warning sign of high risk.” *Managed Healthcare Executive*. (August 2013).

This article discusses the dramatic increase of individuals with metabolic syndrome (MetS), a group of health conditions that put individuals at risk for diabetes, heart attack and stroke and the impact the condition is having on health costs. According to the Center for the Disease Control and Prevention, about one-third of adults in the US meet the criteria for metabolic syndrome. Obesity seems to be a key risk factor for developing this condition. The good news is that an expensive treatment is not necessary. Diet and exercise are what’s needed to combat this widespread condition. This article describes many employer sponsored wellness programs to help lower health insurance costs. Additionally, many insurance companies are developing wellness programs focused on physical activity, education, health screenings, tobacco cessation and nutrition for their clients. The author stresses the need for partnership and collaboration among industry, government, academia, and health care delivery to prevent this epidemic. Includes a chart.

Schwartz, M.D Erika. “Hot flashes: Heart disease warning?” *Newsmax*. (July 8, 2013).

This article discusses the connection between hot flashes and heart disease in women. The author describes why hot flashes happen and offers suggestions to relieve them.

Smith, Rod. “Compound in meat helps heart.” *Feedstuff*. (May 6, 2013).

This article discusses a recent report from the Mayo Clinic that L-carnitine in meat and other foods can improve heart health especially for patient who have had a stroke. The author describes what the amino acid, L-carnitine is and what foods contain it.

Tate, Nick. "High blood pressure in pregnancy flags heart risks." *Newsmax*. (February 23, 2013).

This article discusses the relationship between pregnant women who develop high blood pressure during pregnancy and their risk of developing heart disease, chronic kidney disease and diabetes later in life. New research from the American Heart Association suggests that healthcare providers should be monitoring those women carefully after they give birth for cardiovascular risk factors and be prepared to treat heart issues. A explanation of the study is discussed.

Tate, Nick. "6 scary things stress is doing to your body". *Newsmax*. (August 22, 2013).

This article discusses the connection between stress and heart disease. New research is showing that stress is just as dangerous to mental and physical health as a poor diet, lack of exercise and sleep deprivation. Stress management techniques are also discussed.

"Team finds that brushing your teeth could prevent heart disease and stroke". *States News Service*. (December 3, 2013).

A study published in the *Journal of the American Heart Association* by the University of Miami Miller School of Medicine neurologists, showed for the first time that as gum health improves, progression of atherosclerosis slows to a clinically significant level. Atherosclerosis is the build-up of plaque that narrows the arteries and a major risk factor for heart disease, stroke and death. Participants over a three-year period were tested for periodontal disease, specifically looking for inflammation markers. Results were important because atherosclerosis progressed in parallel with both clinical periodontal disease and the bacterial profiles in the gums.

"Women and stress: Manage it—or it may kill you." *Women in Higher Education*. (January 2013).

This article discusses the relationship between stress and heart disease in women. Heart disease is number one killer of women in the United States. It is also a major cause of disability. Only a third of women who have heart attacks make a full recovery. The author discusses the stresses that are unique to women and how it affects health. Also discussed are ways to deal with stress and enjoy long healthy life. Includes a chart and tale.

Zerbe, Leah. "The New Heart Threat." *Men's Health*. (April 2013).

This article describes a heart threat called endothelial dysfunction, a condition in which the lining of your blood vessels doesn't dilate properly, preventing blood from flowing freely. Often there are no obvious red flag indicators like high cholesterol, or triglycerides however; the author lists several indicators that can reveal this hidden condition.

Periodical articles

“Beef: a heart-healthy food: Recent studies re-evaluate role of saturated fat and important protein sources like beef in heart-healthy lifestyle.” *Feedstuffs*. 86:30 (July 28, 2014) 9.

The traditional recommendation for individuals following a heart-healthy diet is often to avoid eating beef. However, recent research shows solid evidence to the contrary. The study, published in the June 19 issue of the *Journal of Human Hypertension*, concluded that there was no proof that those who consumed high levels of saturated fats had higher incidence of heart disease. The study with more than 600,000 participants from 18 nations concluded that it was the total protein intake that was more important than the type of protein. Lean beef can be enjoyed with no serious effects on the heart.

Boddy, Gail. “Study finds first signs of Heart Disease in newborns of overweight and obese mothers”. *Nutridate*. (May 2013).

This article discusses a recent study published online in the Fetal and Neonatal Edition of Archives of Diseases of Childhood that found that the walls of the aorta are already thickened in babies born to mothers who are overweight or obese. Arterial thickening is a sign of heart disease and a known risk factor for later heart disease and stroke. The authors suggest it may explain how overweight or obese mothers may contribute to their children’s subsequent risk of heart disease and stroke later in life.

Cardiac exercise stress testing: What it can and cannot tell you. *Harvard Men’s Health Watch*. (April 2013).

This article examines the purpose of cardiac exercise stress testing. An explanation of how the test is administered and what the results mean are discussed. The author discusses the trend against testing middle-aged men who do not present symptoms like chest pain with activity. Includes a chart.

“Digoxin: Old friend or old foe”? *Harvard Health Letter* (September 1, 2014) web

The controversial heart failure drug has a new role in limiting hospital stays. Dating from the 1700’s, it is among the oldest cardiac drug still in use. It has fallen out of favor with the development of newer safer heart failure drugs. However, the NIH found that the drug’s true benefit lies in its ability to interact with the signaling mechanism with the heart and its circulatory system. While it may not improve survival, it can improve the quality of life for patients when used in addition to other heart medications, and may be instrumental in keeping patients out of hospitals. It is very inexpensive, and is safe when used in lower dosages.

“Do you really need those vitamin supplements? Getting your nutrition from a pill does not replace a healthy diet and isn’t proven to prevent chronic disease.” *Men’s Health Advisor* 16.7 (July 2014) 3.

In a published report from the *Annals of Internal Medicine*, the USPSTF concluded that current evidence is insufficient to assess the benefits and risks of

taking multi-vitamins or mineral or vitamin supplements to prevent cardiovascular disease or cancer. There may even be evidence to show that a person could be doing more harm than good when taking some vitamin supplements. Some supplements may interact adversely with prescription medications. For instance, vitamin K can alter the blood thinning effects of Coumadin, while iron and calcium may inhibit the absorption of certain medications. The bottom line is to consider supplements only after consultation with your doctor. As much as possible, get your nutrients from a balanced diet rather than a pill.

“Five things you need to do after a heart attack.” *Harvard Health Letter* (February 2014) 5-6.

Your recovery after a heart attack does not end when you leave the hospital. To protect your heart over the long term, you need to follow five important steps. These steps will hasten your recovery and protect your heart health over the long term.

“Getting enough vitamin D helps protect heart and more.” *Heart Advisor* 17.7 (July 2014) 6.

Because we are spending less time outdoors and using more sunscreen, there is evidence to support the claim that we are becoming increasingly deficient of vitamin D. Without the sun, your body cannot produce vitamin D on its own. In addition, other factors that lead to lower vitamin D levels include obesity, age, being female and geography that places you farther away from the equator, limiting exposure to ultraviolet light. Vitamin D deficiency can cause fatigue, lethargy, bone pain and muscle weakness. Under a doctor’s supervision, supplements can raise the level of D in your body, while eating a healthy diet can insure less lethargy and improved energy.

“Hearts and heat: Take common sense steps to stay safe this summer.” *Harvard Men’s Health Watch* (July 2014) 4.

If you have a heart condition, take a few extra precautions and listen to your body’s warning signals when the weather heats up. Men with cardiac concerns are at a somewhat higher risk of heat exhaustion or heat stroke, depending on the severity of the heart condition, their overall physical conditioning and what medications they are taking. Heart patients may have to limit their activity to a greater degree when on vacation or in the summer heat.

“Home based walking program helps PAD patients.” *Healthy Years* 11.8 (August 2014) 6.

A study published in the *Journal of the American Heart Association*, found that a home-based walking program could help peripheral artery disease patients walk faster and farther. Walking is important because it increases circulation around the arterial block, which can improve one’s pain threshold as well as increase muscle resistance. Walking therapy is effective as it targets specific muscles affected by claudication (tired and painful feeling in legs caused by physical activity).

Sari, Harrar. “30 Days to Heal Their Heart”. *Runner’s World*. (February 2013).

This article discusses small lifestyle changes that can greatly reduce the risk of dying from heart diseases. The author describes a weekly program that addresses key areas like diet, exercise, knowing your risk, and stress reduction designed by Dr. Lori Mosca, director of preventive cardiology of New York Presbyterian Hospital.

“Statins help protect PAD patients against heart attack, stroke: research shows that many people with PAD are still not getting optimal treatment.” *Heart Advisor* 17.7 (July 2014) 10.

A study published in the *Journal of the American College of Cardiology*, found that PAD patients taking statins had 50 per cent fewer heart attacks and strokes, compared with PAD patients not on statin therapy. Treatment of PAD usually involves medications, exercise and in some cases balloon angioplasty (with or without stents) or surgery.

“Study: undiagnosed diabetes a factor in many heart attacks: other research suggests additional threats to cardiovascular health caused by excessive sugar consumption.” *Heart Advisor* 17.9 (September 2014) 3.

An estimated 10 percent of people who have a heart attack may have undiagnosed diabetes. Researchers at the American Heart Association Quality of Care and Outcomes Research Scientific Session 2014 also noted that less than a third of those diagnosed with diabetes during hospitalization received diabetes education or diabetes medication upon discharge. Heart disease is a major cause of death among patients with diabetes. Also the stress of a heart attack could worsen the tendency toward high blood sugar and unmask the disease that may have been silent up to that point.

“Unhealthy emotions raise risks of cardiovascular problems.” *Heart Advisor* 17.9 (September 2014) 6.

The link between depression and heart disease is undeniable. But recent studies have shown that the best defense against both those devastating health conditions is exercise. The same things that improve your heart health are also great for helping reduce anxiety.

Professional Newsletters

Cardiovascular / Cardiology News

Daily

Professional and Healthcare Consumer

Medical News Today

United Kingdom

<http://www.medicalnewstoday.com/categories/cardiovascular>

The online news updates from the United Kingdom feature articles that summarize current cardiovascular and cardiology research in nonmedical language. References to the original studies may be included in some of the articles.

Cardiovascular News and Views

2-3 times per year

Professional and Consumer Healthcare

Aurora Health Care

<http://www.aurorahealthcare.org/services/cardiovascular/cardiovascular-newsletters>

Cardiovascular News & Views could be viewed as a public relations newsletter from Aurora Health Care. The newsletter does include reviews of emerging therapies, procedures and technologies for medical professionals and recent publication by the Aurora Health Care medical team. A link is included so the general public can communicate areas of interest for future issues. Registration on the website is required. The newsletter also provides information about Aurora's cutting-edge research, groundbreaking technology use and volumes, demonstrating how Aurora's cardiac services and staff are first, unique and most experienced.

Cardiovascular Week

Weekly

Professional

ISSN: 1543-6853

NewsRX LLC

Atlanta, Georgia

Cardiovascular Week offers an overview of research related to the heart and circulatory system. The publication also covers other disease and medical conditions that impact cardiovascular health. A subscription fee is required.

Dr. Weil's Heart Health Weekly

Weekly

Consumer Healthcare

Weil Lifestyle, LLC, Tempe, AZ

<https://www.drweil.com/drw/ecs/account/register.html>

The website uses the principle of integrative medicine to promote heart health through conventional and alternative therapies. The newsletter, free online with registration, features news and updates related to fitness, nutrition, recipes and lifestyle as a means to prevent heart attacks, control cholesterol levels and promote a health cardiovascular system.

Harvard Heart Letter

Monthly

Academic

ISSN: 1051-5313

Harvard Health Publications Group, Stamford, Connecticut

http://www.health.harvard.edu/newsletters/Harvard_Heart_Letter

Harvard Health Letter is an academic publication created to support patients with the best advice and information available about current medical advances in cardiac medicine and heart disease. Subscription is required.

Heart Advisor

Monthly

Academic

ISSN: 1523-9004

Belvoir Media Group, LLC, Norwalk, Connecticut

<http://www.heart-advisor.com/>

Heart Advisor, a cardiac care newsletter from the Cleveland Clinic Heart Center, covers heart health and related diseases in men and women. A free online subscription offers information about heart failure, coronary artery disease, high cholesterol, high blood pressure, arrhythmia, stroke, valves and vessels, diet, exercise and supplements as well as information about related diseases.

Heart Disease News

Daily

Professional and Healthcare Consumer

Medical News Today

MediLexicon International, UK

<http://www.medicalnewstoday.com/categories/heart-disease/>

Heart Disease News publishes brief articles online with references to the original research. The articles cover various types of heart disease, including coronary heart disease, cardiomyopathy, cardiovascular disease, ischemic heart disease, heart failure, hypertensive heart disease, inflammatory heart disease and valvular heart disease.

Heart Disease News Alerts

Continuous

Professional and Health Consumer

NewsRX.com, Vinings, Georgia

<http://www.newsrx.com/alerts/p/Heart-Disease.html>

Heart Disease News Alerts are intended to supplement the relationship between the patient and the medical professional. News topics cover the heart, coronary disease, cardiovascular procedures, arterial embolism, myocardial infarction, transplantation, genetics, surgery, risk factors, diet and heart disease prevention.

Heart Disease News- Science Daily

Daily

Consumer Healthcare

ScienceDaily, LLC, Rockville, MD

http://www.sciencedaily.com/news/health_medicine/heart_disease/

Heart Disease News from Science Daily is one of many newsletters published electronically by the organization. Heart Health News features cardiovascular health news updates and videos about the latest discoveries in heart health and technology from news services, leading universities, scientific journals, and research organizations. The electronic newsletter is free with registration.

Heart Disease Weekly

Weekly

Professional

NewsRX.com, Atlanta, Georgia

<http://www.newsrx.com/newsletters/Heart-Disease-Weekly.html>

Online ISSN: 1532-4613

Heart Disease Weekly is a professional update on important cardiac healthcare news. Articles are brief, less than 500 words, to convey the most important facts, including references to original research articles. Articles capture the highlights of peer-reviewed articles, industry meetings, and biotech and pharmaceutical company news. Subscription fees are required.

Heart Health Alerts

Variable

Healthcare Consumer

Remedy Media and Johns Hopkins Medicine

http://www.johnshopkinshealthalerts.com/alerts_index/heart_health/380-1.html

Heart Health Alerts is a free online public service from Johns Hopkins Medicine to keep heart disease patients up to date with current medical breakthroughs and advice to promote healthy aging. Registration is required.

St. Francis Hospital – The Heart Center News

Variable- Daily-Weekly

Healthcare Consumer

St. Francis Hospital, Port Washington, NY

<http://www.stfrancisheartcenter.com/utility/news/news.html>

The online news from St. Francis Hospital highlights the accomplishments of the medical staff and volunteers, recognizes achievements in the development and use of new technology for cardiac care, features the patients who have received care, and shares news about clinical trials for cardiovascular research, new hospital community services and public health advice.

DVDs

3 steps to incredible health with Joel Fuhrman. (2011) Length: 6 videodiscs, about 5 hours. Miami, FL: Inky Dinky Worldwide, Inc. B005VP118E. \$50.99.

Disc 1. 3 steps to incredible health! -- disc 2. Say no to heart disease and diabetes -- disc 3. Winning the war against cancer -- disc 4. The skinny on fats -- disc 5. Success stories: before and after -- disc 6. Eating for incredible health.

The angry heart. (2011) Length: 57 minutes. Brooklyn: Icarus Films. 1572953314. \$34.00.

While it is hard to find an African-American family whose lives have not been touched by heart disease, the American Heart Association reports that many in

this community are painfully unaware of the scope of the problem. The Angry Heart spotlights this modern epidemic through the story of 45-year-old Keith Hartgrove, who has already experience two heart attacks and quadruple bypass surgery.

Dr. Lori Mosca's 3 keys to heart health. (2010) Length: 56 minutes. United States: PBS. 9781608833931. \$17.49.

Heart disease is the number one killer of women in the US. Dr. Lori Mosca helps people get on the right track to improve their health! Many people know that good eating habits, exercise, and stress reduction are important to improving health. The biggest challenge is how to get started and stay on track. Dr. Lori Mosca, a leading preventive cardiologist, informs and engages women to prevent heart disease.

Heart 411. (2013) Length: 60 minutes. Detroit: DPTV Media. 796539033465. \$18.00.

Renowned specialists, heart surgeon Dr. Marc Gillinov and cardiologist Dr. Steven Nissen, use decades of clinical experience, along with up-to-the-minute medical research, to debunk myths about cardiovascular disease, and provide the knowledge and tools needed to live a long and heart-healthy life.

Understanding your blood results. (2012) Length: 67 minutes. Winnetka, CA: Ruester Productions. B009DMF7OK. \$23.90.

Know what your blood tests say about your health. Learn how to read the data on a lab report and what it means for you regarding anemia, diabetes, heart disease, infections, parasites, inflammation and more.

AUDIOBOOKS

Bowden, Jonny. *The great cholesterol myth: why lowering your cholesterol won't prevent heart disease—and the statin-free plan that will.* Old Saybrook, CT: Tantor Media, 2013. 9781452611747. 9 sound discs. \$39.99.

Contending that heart disease is not caused by cholesterol and saturated fat, presents a statin-free plan for preventing and managing heart disease that focuses on reducing sugar, inflammation, stress, and processed foods.

GOVERNMENT AGENCIES

Agency for Healthcare Research and Quality

540 Gaither Road Suite 2000

Rockville, MD 20850

Telephone: (800) 358-9295

Related Telephones: (TTY): (888) 586-6340; (301) 427-1104

URL: <http://www.ahrq.gov/>

The Agency for Healthcare Research and Quality's (AHRQ) mission is to improve the quality, safety, efficiency, and effectiveness of health care for all Americans. Information from AHRQ's research helps people make more informed decisions and improve the quality of health care services. AHRQ was formerly known as the Agency for Health Care Policy and Research.

Division for Heart Disease and Stroke Prevention, National Center for Chronic Disease Prevention and Health Promotion/CDC

Division for Heart Disease and Stroke Prevention

4770 Buford Hwy, NE, Mail Stop F-72

Atlanta, GA 30341-3717

Telephone: (800) 232-4636

Fax: (770) 488-8151

URL: <http://www.cdc.gov/dhdsp/index.htm>

CDC's Division for Heart Disease and Stroke Prevention works to improve cardiovascular health through public health strategies and policies that promote healthy lifestyles and behaviors, healthy environments and communities, and access to early and affordable detection and treatment. CDC employs science, connections, and action to prevent, detect, and improve standards of care for heart disease and stroke and to reduce associated health disparities. CDC provides funding, technical support, and resources to state health departments, tribes, and other partners.

Indian Health Service, U.S. Department of Health and Human Services

The Reyes Building, 801 Thompson Avenue

Rockville MD, 20852

Telephone: (615) 467-1500

Related Telephones: Cardiovascular Disease Information: (928) 214-3920

URL: <http://www.ihs.gov/>

The **Indian Health Service** (IHS), an agency within the Department of Health and Human Services, is responsible for providing federal health services to American Indians and Alaska Natives. The provision of health services to members of federally-recognized tribes grew out of the special government-to-government relationship between the federal government and Indian tribes. This relationship, established in 1787, is based on Article I, Section 8 of the Constitution, and has been given form and substance by numerous treaties, laws, Supreme Court decisions, and Executive Orders. The IHS is the principal federal

health care provider and health advocate for Indian people, and its goal is to raise their health status to the highest possible level. The IHS provides a comprehensive health service delivery system for approximately 2 million American Indians and Alaska Natives who belong to 566 federally recognized tribes in 35 states. Health services provided include medical, dental, and environmental health programs. Special program concentrations are in disease prevention and health promotion, alcoholism, substance abuse, suicide, accidents, maternal and child health, nutrition, and public health services.

National Heart, Lung, and Blood Institute

P.O. Box 30105

Bethesda, MD 20824-0105

Telephone: 301-592-8573

Email: NHLBIinfo@nhlbi.nih.gov

URL: <http://www.nhlbi.nih.gov/health/infoctr/index.htm>

The National Heart, Lung, and Blood Institute (NHLBI) Health Information Center is open Monday through Friday, 8:30 a.m. to 5 p.m. Eastern time (closed on Federal holidays.) Health Information Specialists are available to provide information on diseases of the heart, lung, and blood, and sleep disorders and accept orders for publications. The Health Information Center develops and maintains information on NHLBI topics to respond to inquiries, and supports and disseminates materials for NHLBI's national health education and awareness campaigns.

LONG ISLAND

Nassau

American Heart Association

125 East Bethpage Road, Suite 100

Plainview NY, 11803

Telephone: (516) 777-8447

URL: <http://www.heart.org/HEARTORG/>

Related URLs: <http://heartliqueens.wordpress.com/>

The American Heart Association is funding a new research network to help people make behavior changes to prevent heart disease and stroke, the two leading causes of death in the world.

Cardiac Inpatient and Outpatient Rehabilitation Program

Route 9W

West Haverstraw, NY 10993

Telephone: (845) 786-4535

Email: info@helenhayeshospital.org

URL: www.helenhayeshospital.org

The program offers adults with heart disease as well as those recovering from cardiac surgery a supervised, monitored exercise program in addition to education

focusing on nutrition, stress reduction, blood pressure and cholesterol control, as well as exercise guidelines. The program, customized to meet individual needs, is monitored by a team consisting of a cardiologist, exercise physiologist, nurses and physical therapists.

Cardiopulmonary Research Institute

259 First Street

Mineola, NY 11501

Telephone: (516) 663-3917

URL: www.winthrop.org

Affiliated Agency: Winthrop University Hospital

A collaboration of laboratory scientists and physician-investigators, comprised of pulmonary, pediatric and cardiovascular specialists who research heart and lung diseases through studies of cell development and function, as well as tissue injury, recovery and the role of heredity in the overall process. The goal is to prevent lung and heart damage in children and adults in order to improve survival and outcome.

Department of Cardiology

2201 Hempstead Turnpike

East Meadow, NY 11554

Telephone: (516) 572-0123

URL: www.nuhealth.net

Operates a cardiac catheterization laboratory in which diagnostic coronary angiography and complete cardiac catheterization studies are performed. It also provides diagnosis to patients with ischemic heart diseases, valvular heart disease and congenital heart disease. The division supervises patient care in the Coronary Care Unit, Telemetry Unit, and the Ambulatory Cardiology Clinic.

Division of Cardiology

900 Franklin Avenue

Valley Stream, NY 11580

Telephone: (516) 240-8700

URL: <http://www.northshorelij.com/hospitals/home>

The division provides diagnosis and treatment for both inpatients and outpatients with diseases of the heart and/or blood vessels. Services include electrocardiography, stress testing, echocardiography, nuclear stress testing, transesophageal echocardiograms and pacemaker implantation.

Mercy Medical Center

1000 North Village Avenue

PO Box 9024

Rockville Centre, NY 11571-9024

Telephone: (516) 705-2525

Cardiac Catheterization Lab: (516) 705-2058; Community Training Center- Cardiovascular: (516) 931-2896 (Claire DeSetto, RN)

URL: <http://mercymedicalcenter.chsli.org/>

With 700 physicians, a staff of 1,700, the latest technology, and one of Long Island's newest hospital facilities, Mercy Medical Center in Rockville Centre offers outstanding expertise in an environment dedicated to compassionate care. Mercy is a 375-bed, not-for-profit hospital serving the healthcare needs of Nassau County and its surrounding area, with services ranging from maternal health, oncology and physical medicine to cardiology, rehabilitation, orthopedics, weight-loss surgery and behavioral health.

Nassau County Department of Health

106 Charles Lindbergh Blvd.

Uniondale, NY 11553

Telephone: Main Phone: (516) 571-2260

General Information: (516) 227-9697

Fax: (516) 742-6154

URL: www.nassaucountyny.gov

Promotes and protect the health of Nassau County residents through regulation of environment to prevent health hazards control of communicable diseases health education and promotion for disease prevention assurance of access to personal health services and acquisition and assessment of key health data. The centers of responsibility include: Administration, Environmental Health, Public Health Laboratories, Children's Early Intervention Services, the Public Health Section, Community Health Services, Public Health Education, HIV Bureau, Disease Control, Cancer Epidemiology, Infant Mortality Prevention and Community Health Outreach Workers. Call for more information.

South Nassau Communities Hospital

One Healthy Way

Oceanside, NY 11572

Telephone: (516) 632-3670

(516) 632-3000 for general inquiries

URL: <http://southnassau.org/services/cardiology.cfm>

Board certified cardiologists, specialized cardiology technicians and nursing staff provide a variety of non-invasive tests for the diagnosis of cardiovascular diseases. Patients gain the added assurance that a hospital-based setting offers, while enjoying the personalized attention of a highly-trained, experienced staff that are able to handle routine and complex cases.

Winthrop- University Hospital Institute for Heart Care

259 First Street

Mineola, NY 11501

Telephone: (800) 443-2788

General: (516) 663-0333

URL: <http://www.winthrop.org/departments/institutes/heart/>

The most advanced levels of diagnostic technology, medical management, interventional cardiology and cardiac surgery available anywhere are in place at

Winthrop's Institute for Heart Care. Clinicians in the Division of Cardiology also address modifiable risk factors to help their patients stay well.

Suffolk

Cardiology Services

301 East Main Street
Bay Shore, NY 11706
Telephone: (631) 968-3171
Fax: (631) 968-7322
URL: www.southsidehospital.org

Affiliated Agency: Southside Hospital

The department provides inpatient and outpatient diagnostic and therapeutic cardiology services. Operates coronary care unit providing intensive care/monitoring/therapeutic interventions to adults with acute cardiovascular problems. Also operates cardiac telemetry unit for patients requiring ongoing monitoring but not intensive care. Performs electrocardiography, echocardiography, stress echocardiography, stress myocardial perfusion, transesophageal echocardiography (TEE), cardiac catheterization, electrophysiology studies (EPS), coronary angioplasty, and pacemaker implantations. Sponsors various free cardiac support groups/educational programs.

The DeMatteis Center for Cardiac Research and Education

101 Northern Blvd.
Greenvale, NY 11548
Telephone: (516) 629-2000
General Information: (516) 562-6000; Cardiac Fitness and Rehabilitation: (516) 629-2040;
Central Scheduling: (516) 705-6627
URL: <http://www.stfrancisheartcenter.com/index.html>

At the DeMatteis Center for Cardiac Research and Education, a team of world-renowned investigators is working with non-invasive imaging technology, including a new 64-slice CT scanner, 3-dimensional echocardiography system, and the area's first dedicated cardiac MRI unit, to improve methods of diagnosing heart disease.

Good Samaritan Hospital Medical Center Rehabilitation Services

1000 Montauk Hwy
West Islip, NY 11795
Telephone: (631) 376-4444
URL: <http://goodsamaritan.chsli.org/>

Good Samaritan Hospital Medical Center, a member of Catholic Health Services of Long Island, is a 537-bed (including 100 nursing home beds), not-for-profit

hospital serving the communities on the south shore of Long Island in West Islip, New York. Good Samaritan's high-quality medical services extend across the continuum of care to all disciplines, both for inpatients and outpatients.

Heart Club

270 Park Avenue

Huntington, NY 11743

Telephone: (631) 351-2675

Fax: (631) 271-4430

Email: cpatrick@hunthosp.org

URL: www.hunthosp.org

Affiliated Agency: Huntington Hospital

The agency provides education and emotional support for heart patients and their families.

Knapp Cardiac Care Center at Brookhaven Memorial Hospital

101 Hospital Rd.

Patchogue, NY 11772

Telephone: (631) 654-7243

Cardiac Rehabilitation: (631) 654-7243

URL: <http://www.brookhavenhospital.org/services.cfm/cardiac-care>

Affiliated with the Heart and Vascular Institute at Winthrop-University Hospital, this partnership brings Winthrop's renowned cardiac team right here to our Center and enables the Medical Center to deliver the most advanced expertise to patients with cardiovascular disease. The Knapp Cardiac Care Center provides a full range of high-quality cardiac diagnosis, treatment and rehabilitation services for patients.

Mended Hearts

200 Belle Terre Road

Port Jefferson, NY 11777

Telephone: Cardiac Rehab Department: (631) 474-6111

Related Telephone: Main Phone: (631) 474-6000

Fax: (631) 474-6047

Email: info@mendedhearts.org

URL: <http://stcharleshospital.chsli.org>

Related URLs: <http://mendedhearts.org/>

Affiliated Agency: St. Charles Hospital

The department provides information and support on living with heart disease for cardiac patients, their family and friends. Registration not required.

St. Catherine of Siena Medical Center

50 New York 25A

Smithtown, NY 11787

Telephone: (631) 862-3000

Cardiac Catheterization Laboratory (631) 862-3215

URL: <http://stcatherines.chsli.org/>

On February 29, 2000 Catholic Health Services of Long Island (CHS) purchased the Medical Center then known as St. John's Episcopal Hospital from Episcopal Health Services (EHS). The Center was renamed St. Catherine of Siena Medical Center after Catherine Benincasa of Siena, Italy who lived in the middle ages and was noted for her work as a nurse, mediator and spiritual leader. Prior to that, St. John's Episcopal Hospital was in operations since 1966. While not part of the Catholic Health Services of Long Island acquisition, St. John's Episcopal Hospital also owned the Community Hospital of Western Suffolk (CHOWS). The mission of Catholic Health Services is to provide the best of the art and science of health and medicine across the continuum of life.

**St. Francis Hospital
South Bay Cardiovascular**

540 Union Boulevard
West Islip, NY 11795
Telephone: (631) 669-2555

St. Joseph Hospital

4295 Hempstead Turnpike
Bethpage, NY 11714
Telephone: (516) 579-6000

URL: <http://www.stjosephhospitalny.org/>

It is the mission of St. Joseph Hospital to provide high quality of care to our patients in a compassionate and respectful manner.

Stony Brook Heart Institute

Division of Cardiology
East Loop Road
Stony Brook, NY 11794
Telephone: (631) 444-8378
Related Telephones: (631) 444-3278
Fax: (631) 444-9502

URL: http://heart.stonybrookmedicine.edu/handler.cfm?event=practice_main

Related URL: <http://heart.stonybrookmedicine.edu/Congenital-Heart-Disease.html>

We have, for the fourth consecutive year, received the AHA Heart Failure Gold Quality Performance Achievement Award. First accredited VAD program on Long Island and now reaccredited for two years. This is the only Suffolk County laboratory accredited in all three areas of echocardiography. National three-year silver award from the AACN recognizes exceptional patient care, healthy work

Treatment Centers

You will first find a selection of United States federal agencies that provide information about heart disease to help patients, their caregivers, and health professionals to make informed decisions about specialized cardiac care that are offered at treatment centers. Resources about women's heart studies, clinical research, and research funding are included. A selected list of treatment centers that offer both adult and pediatric specialized cardiology care and clinical research opportunities then follows.

Agency for Healthcare Research and Quality (AHRQ)

(<http://www.ahrq.gov/patients-consumers/index.html>);

(<http://www.ahrq.gov/research/findings/evidence-based-reports/clinical/heart/index.html>)

Centers for Disease Control and Prevention (CDC)

(<http://www.cdc.gov/bloodpressure/>);

(<http://www.cdc.gov/cholesterol/>);

(<http://www.cdc.gov/heartdisease/index.htm>);

(<http://www.cdc.gov/salt/>);

(<http://www.cdc.gov/stroke/>);

(<http://www.cdc.gov/wisewoman/>)

Centers for Disease Control and Prevention, Division for Heart Disease and Stroke Prevention (DHDSP)

(<http://www.cdc.gov/dhdsp/>)

National Center for Biotechnology Information (NCBI)

(<http://www.ncbi.nlm.nih.gov/>);

(<http://www.ncbi.nlm.nih.gov/books/>);

(<http://www.ncbi.nlm.nih.gov/guide/genetics-medicine/>);

(<http://www.ncbi.nlm.nih.gov/pubmed/>);

(<http://www.ncbi.nlm.nih.gov/pmc/>);

(<http://www.ncbi.nlm.nih.gov/pubmedhealth/>);

(<http://www.ncbi.nlm.nih.gov/mesh>)

This is the National Library of Medicine's controlled vocabulary of Medical Subject Headings to access online journals and books in biomedicine and in the life sciences In Medline.

National Heart, Lung, and Blood Institute, Women's Health Initiative (WHI)

(<http://www.nhlbi.nih.gov/whi/>)

National Institutes of Health, National Heart, Lung, and Blood Institute (NHLBI)

(<http://www.nhlbi.nih.gov/>); For the public and health professionals

(<http://www.nhlbi.nih.gov/news/index.html>);

(<http://www.nhlbi.nih.gov/funding/index.htm>);

(<http://www.nhlbi.nih.gov/studies/index.htm>)

National Library of Medicine (NLM)

(<http://www.nlm.nih.gov/medlineplus/heartdiseases.html>)

Nassau County

The Children's Heart Center at the Steven and Alexandra Cohen Children's Medical Center of New York

9 Vermont, 1st Floor

Lake Success, NY 11042

Telephone: (516) 812-3700; M-F: 9 AM-5 PM to make an appt.;

See also 1-855-850-8611 to find a pediatric specialist within the North Shore/LIJ Health System

URL: (<http://www.northshorelij.com/ccmcny/home>) Click on "Children's Heart Center" under "Programs and Services"; See also (<http://choosecohen.northshorelij.com/>)

This is the location for pediatric cardiology at the Cohen Children's Medical Center and which offers pediatric cardiology care for infants, children, and adolescents who have heart problems and heart disease with the purpose of "finding, treating, and preventing heart and blood vessel disease in children from infancy to adolescence." According to its web site, The Children's Heart Center offers "comprehensive cardiac care from pregnancy through infancy, childhood, adolescence and beyond." Doctors, nurses, and other health professionals work together to offer multidisciplinary and comprehensive cardiology inpatient and outpatient cardiac care services and consultations such as diagnostic and therapeutic procedures and pediatric heart surgery. Just as importantly, cardiologists are involved in clinical research projects. Studies include genetic factors in congenital heart disease and new treatment strategies for patients with Kawasaki disease.

North Shore/LIJ Health System:

Long Island Jewish Medical Center

270-05 76th Street

New Hyde Park, NY 11040

Contact Information: (718) 470-7460; Monday-Friday: 8 am - 6 pm

URL: (<http://www.northshorelij.com/hospitals/home>) and then click on cardiovascular services under "Services and Programs/Locations"

See also: Telephone number: 1 (855) HEART-11 (Toll free: 1 (855) 432-7811) for pediatric and adult cardiovascular services offered within the North Shore/LIJ Health system.

North Shore University Hospital

300 Community Drive

Manhasset, NY 11030

Contact Information: Telephone: (516) 562-4970; Monday-Friday: 8 am-6pm

URL: (<http://www.northshorelij.com/hospitals/home>) and then click on cardiovascular services under “Services and Programs/Locations”

Telephone number: 1(855) HEART-11 (Toll free: 1 (855) 432-7811) for pediatric and adult cardiovascular services offered within the North Shore/LIJ Health System

Both North Shore University Hospital and Long Island Jewish Medical Center offer treatments for congenital and structural heart disease, cardiac rehabilitation, and preventive cardiology as well as other services for people presenting with heart disease.

Steven and Alexandra Cohen Children’s Medical Center of New York

269-01 76th Avenue

New Hyde Park, NY 11040

Contact Information: (718) 470-7350 to make an appt. and for inquiries about locations and services offered by the Cohen Children’s Medical Center of New York in Nassau and Suffolk counties, Brooklyn, Queens, and Staten Island.

URL: (<http://www.northshorelij.com/ccmcny/home>;

See also (<http://choosecohen.northshorelij.com/>);

St. Frances Hospital “The Heart Center”

100 Port Washington Avenue

Roslyn, NY 11576

Telephone: (516) 705-6656/57 for open heart surgery program at St. Frances Hospital; and also (631) 376-4444 for open heart surgery at Good Samaritan Medical Center

URL: (<http://www.stfrancisheartcenter.com/index.html>)

St. Francis Hospital “The Heart Center” is the only specialty designated cardiac care center in New York State. Its specialties include the diagnosis and treatment of arrhythmias, angioplasty, heart surgery, and cardiac catheterization. The DeMatteis Center for Cardiac Research and Education offers the largest medically staffed cardiac fitness and rehabilitation program on Long Island. St. Francis also offers onsite open heart surgery program offered by St. Francis Hospital on the south shore of Long Island at Good Samaritan Medical Center. (See “St. Francis Hospital, “The Heart Center”, at Good Samaritan” (<http://goodsamaritan.chsli.org>)).

Winthrop-University Hospital

259 First Street

Mineola, NY 11501-3957

Telephone: (516) 663-4480

URL: (<http://www.winthrop.org/departments/clinical/cardiology>)

According to its website, Winthrop-University Hospital provides “advanced levels of diagnostic technology, medical management, interventional cardiology and cardiac surgery.” The Heart and Vascular Institute offers cardiac programs in Women’s Cardiovascular Wellness and Prevention; treatments to restore health, thoracic and cardiovascular surgery, cardiac rehabilitation as well as specialized cardiac care on eastern Long Island offered at The Knapp Cardiac Care Center at

Suffolk County

Brookhaven Memorial Hospital Medical Center

101 Hospital Road

Patchogue, NY 11772

Telephone: (631) 654-7243 for the Knapp Cardiac Care Center;

(631) 645-7240; e-mail: mmaliszewski@bmhmc.org for the Cardiac Outreach Program; (631)

654-7243 for cardiac care rehabilitation offered at the Medical Center

URL: (<http://www.brookhavenhospital.org/>)

The Knapp Cardiac Care Center, in conjunction with Winthrop-University Hospital's Heart and Vascular Institute, offer specialized cardiac services such as the interventional cardiac catheterization cardiology laboratory to assess conditions of cardiac arteries, the cardiac diagnostic laboratory to diagnose cardiac disease, particularly in women, and the non-invasive cardiology laboratory. It also offers electrophysiology services to diagnose and correct heart rhythm abnormalities, and cardiac care rehabilitation and outreach programs that combine education and exercise to improve physical conditioning and awareness of cardiac risk factors.

Center for Pediatric Specialty Care

655 Deer Park Avenue

Babylon, NY 11702

Contact Information: (631) 321-2100; (631) 376-4444

URL: (<http://goodsamaritan.chsli.org/>)

Its fellowship program includes the diagnosis and treatment of pediatric heart conditions, and a cardiology risk reduction program for children at risk for onset of heart disease.

Good Samaritan Medical Center

1000 Montauk Highway

West Islip, NY 11795

Telephone: (631) 376-4444 for the open heart surgery, its division of pediatric cardiology program, and the division of cardiology for adults

URL: (http://goodsamaritan.chsli.org)

Its comprehensive and multidisciplinary adult and pediatric specialized cardiac care programs include open heart surgery ("St. Francis Hospital, "The Heart Center" at Good Samaritan Hospital") and its division of pediatric cardiology. Good Samaritan Medical Center also offers its specialized pediatric cardiology services at its offsite facility.

North Shore/ LIJ Health System: Huntington Hospital

270 Park Avenue

Huntington, NY 11743

Telephone: (631) 351-2000 (general); (631) 351-2798 (Dept. of Cardiology)

URL: (<http://hunthosp.org>)

Telephone number: 1 (855) HEART-11; (Toll free: 1 (855)432-7811) for pediatric and adult cardiovascular services offered within the North Shore/LIJ Health System

Located on the third floor, Huntington Hospital's cardiac care services include preventive cardiology, diagnostic testing, non-invasive imaging as well as interventional radiologic, cardiothoracic, and catheterization and electrophysiological procedures.

John T. Mather Memorial Hospital

75 North Country Road

Port Jefferson, NY 11777

Contact: Telephone: (631) 476-2808 (The Contessa Nadia Farber Emergency Pavilion)

URL: (<http://www.matherhospital.org>)

The Contessa Nadia Farber Emergency Pavilion recently opened a five-bed monitoring unit for cardiac and other critically ill patients. According to the hospital's website, "Services are designed to diagnose and ensure timely treatment of patients suffering heart attacks, strokes, and related disorders. ... There is also a Chest Pain ER which is an "emergency room within an emergency room" for patients with chest pain."

Southside Hospital

301 E. Main Street

Bay Shore, NY 11706

(631) 968-3293 (for inpatient cardiology services); (631) 968-3525 (outpatient cardiac rehabilitation program)

Monday-Friday 8 am-5 pm (for inpatient cardiology services);

Monday: 8 am-5 pm; Tuesday: 8 am- 1 pm; Thursday: 8 am- 5 pm (for cardiac rehabilitation program)

URL: (<http://www.northshorelij.com/hospitals/home>) Here you will find a web form to type the name of the hospital. Click on "Cardiovascular Services" in "Services and "Programs/Locations"

Telephone number: 1 (855) HEART-11 (Toll free: 1 (855) 432-7811) for cardiovascular services offered within the North Shore/LIJ Health System

Southside Hospital offers comprehensive cardiac care services which includes diagnostic testing, preventive care, non-invasive imaging, and cardiac catheterization and electrophysiology. The cardiac rehabilitation program provides treatment plans tailored to each person's physical condition and treatment objectives.

St. Charles Hospital

200 Belle Terre Road

Port Jefferson, NY 11777
Telephone: (631) 474-6000

URL: (<http://stcharleshospital.chsli.org>)

According to its website, St. Charles Hospital “offers CT angiography program to detect the earliest stages of heart disease.”

Stony Brook Children’s Hospital

100 Nicolls Road

Stony Brook, NY 11794

Contact information: (631) 444-4000 (inpatient care)

URL: (<http://www.stonybrookchildrens.org>);

(<http://www.stonybrookchildrens.org/research-education>) for information about clinical and research training, and residency and fellowship programs

According to its website, “a pediatric cardiology team works to identify heart diseases, develop and implement a plan of treatment ... and co-ordinate follow-up --- working with a patient from infancy through adulthood.”

Stony Brook Children’s Hospital also offers outpatient cardiology care at:

4 Technology Drive

East Setauket, NY 11733

Contact Information: (631) 444-KIDS (5437) for appts.

URL: (<http://www.stonybrookchildrens.org>)

Stony Brook Heart Institute

101 Nicolls Road

Stony Brook, NY 11794

Telephone: (631) 689-8333

URL: (<http://stonybrookheartcenter.org>);

See also (<http://stonybrookheartcenter.org/research>) for clinical research opportunities

Stony Brook Heart Institute provides comprehensive, multispecialty, and multidisciplinary adult cardiac care ranging from preventive cardiology to cardiovascular and cardiothoracic surgery to cardiac rehabilitation.

Heart Disease Support Groups – Suffolk & Nassau Counties

Brookhaven Memorial Hospital Medical Center

Cardiac Education & Support Groups

Cardiac Outreach

Cardiac Outreach is an educational program and screening available for community groups, tailored to meet the group's needs. For further information, contact the cardiac outreach coordinator at 631-654-7240.

ICD Support Group (implantable/internal cardioverter defibrillators)

Meets quarterly; flyers provided to ICD patients

Stony Brook Heart Institute

Stony Brook University Hospital

Nicolls Road and Health Sciences Drive intersection

Stony Brook, NY 11794
Terry Leonard at (631-444-3322

Long Island Miracles – Sudden Cardiac Arrest Association

Periodic meetings will be held at the Winthrop Community Outreach Center
Free

Call Andrea Ellinger, RN, at (516) 663-3889 or e-mail
longislandmiracles@suddencardiacarrest.org

Mended Hearts

3rd Sunday of each month except July and August
1:30pm-3:30pm
Stony Brook Heart Institute
Stony Brook University Hospital
Nicolls Road and Health Sciences Drive intersection
Stony Brook, NY 11794
Danielle Gruebel at (631) 444-8021.

WomenHeart of Huntington

4th Monday of each month
2:00pm-3:30pm
Dolan Center (room #103)
284 Pulaski Road
Greenlawn, NY 11740
Peggy Sanesky at (631) 271-3766
pegsanesky@msn.com

Eastern Long Island Hospital Heart Connection

Jenny Lowenthal 727-2100
Information and support for heart disease patients and their families.

Good Samaritan Hospital

Call for information about support groups (631) 376-4444.
Connect with other people concerned about heart disease. Social media sites are not reliable sources for medical information.

Healthy Hearts

Healthy Hearts is a free 6-session educational series offered four times a year for patients and families and is based upon American Heart Association guidelines for prevention of risk factors for heart disease. For more information, please call **631-654-7240**.

Heart Club

Long Island Jewish Medical Center, Teaching Center
Search our [event calendar](#) for an upcoming meeting.

Heart Failure Support Group

Southside Hospital

Search our [event calendar](#) for an upcoming meeting.

Internal Cardioverter Defibrillator (ICD) Support Group

Long Island Jewish Medical Center, Teaching Center

Group is facilitated by a cardiologist, a clinical psychologist and a registered nurse.

Search our [event calendar](#) for an upcoming meeting

Mather Hospital Congestive Heart Failure

Support group to improve the quality of life for CHF patients and their caregivers by educating them to better manage the disease, improve compliance and address their concerns. Registration required. Meets second Wednesday of every month, 1-2 pm, Conference Rooms 1 & 2. To register, call 631-476-2888. For more information, call Phyllis Macchio, ANP, at 473-1320, extension 5420.

North Shore / LIJ

Women's Heart Support Group

2nd Monday of every month from 1:30-3.

For more information call Debbie 631-968-3913

Social Media

Connect with other people concerned about heart disease. Social media sites are not reliable sources for medical information.

Adult Congenital Heart Association (ACHA)

ACHA is a national organization for adults and adolescents with congenital heart disease, the purpose of which is to educate about adult congenital heart issues through the development of forums, newsletters, support groups and other methods of public information.

Discussion Forum: <http://forum.achaheart.org>

Facebook: <https://www.facebook.com/AdultCongenitalHeartAssociation>

LinkedIn: <https://www.linkedin.com/groups?gid=2450567>

Twitter: https://twitter.com/acha_heart

YouTube: <https://www.youtube.com/user/ACHAheart>

American Heart Association

The **American Heart Association** is the nation's oldest, largest voluntary organization devoted to fighting cardiovascular diseases and stroke.

Facebook: <https://www.facebook.com/AmericanHeart>
Google+: <https://plus.google.com/+AmericanHeart/posts>
Instagram: http://instagram.com/american_heart
LinkedIn: https://www.linkedin.com/company/157306?trk=company_search
Pinterest: <http://www.pinterest.com/americanheart/>
Twitter: @American_Heart
YouTube: <https://www.youtube.com/AmericanHeart>

American Heart Association - Go Red For Women

Go Red is the American Heart Association's national movement to end heart disease in women.

Facebook: <https://www.facebook.com/GoRedforWomen?sk=info>
Instagram: <http://instagram.com/goredforwomenaha/>
Pinterest: <http://www.pinterest.com/goredforwomen/>
Twitter: @goredforwomen
YouTube: <https://www.youtube.com/user/OfficialGoRed4Women>

CaringBridge

CaringBridge is a nonprofit organization that provides free protected and personalized websites to people undergoing medical conditions in order to allow friends and family to receive information.

<http://www.caringbridge.org>

DailyStrength

More than 500 online and anonymous support groups and forums on medical conditions, including many heart-disease related conditions.

<http://www.dailystrength.org/support-groups/Heart-Blood-Circulation>

The Heart Truth- A Program of the National Institutes for Health

This program's goal is to raise awareness about heart disease and its risk factors among women and educate and motivate them to take action to prevent the disease and control its risk factors.

Facebook: <https://www.facebook.com/NHLBI>
Google+: <https://plus.google.com/+nhlbi/posts>
Pinterest: <http://www.pinterest.com/thehearttruth/>
Twitter: https://twitter.com/nih_nhlbi
Youtube: <https://www.youtube.com/user/NHLBI>

Million Hearts

Million Hearts is a national initiative to prevent 1 million heart attacks and strokes by 2017. It brings together communities, health systems, nonprofit organizations, federal agencies, and private-sector partners from across the country to fight heart disease and stroke.

Facebook: <https://www.facebook.com/millionhearts>
Twitter: <https://twitter.com/millionheartsus>
YouTube: <https://www.youtube.com/user/CDCStreamingHealth>

National Heart, Lung, and Blood Institute

The National Heart, Lung, and Blood Institute provides global leadership for a research, training, and education program to promote the prevention and treatment of heart, lung, and blood diseases and enhance the health of all individuals so that they can live longer and more fulfilling lives.

Facebook: <https://www.facebook.com/NHLBI>
Google+: <https://plus.google.com/+nhlbi/posts>
Twitter: https://twitter.com/nih_nhlbi
YouTube: <https://www.youtube.com/user/NHLBI>

PatientsLikeMe

Connect with and share health care support and information with others dealing with heart disease. Search by conditions, symptoms, or treatments.

<http://www.patientslikeme.com>

Symplur, LLC, The Healthcare Hashtag Project, Heart Disease Influencers and Hashtags

Discover whom to follow and where the heart disease conversation is taking place. Contains a list of relevant hashtags and topics to search on twitter.

<http://www.symplur.com/topic/heart-disease/>

WomenHeart: The National Coalition for Women with Heart Disease

WomanHeart was founded in 1999 by three women who had heart attacks while in their 40s and faced many obstacles, including misdiagnosis, inadequate treatment, and social isolation.

Facebook: <https://www.facebook.com/WomenHeartNational>
Twitter: <https://twitter.com/WomenHeartOrg>
YouTube: <https://www.youtube.com/user/WomenHeartTV>

Blogs

Cardiac Health's Ask Dr. T

<http://www.cardiachealth.org/ca-blog/>

This comprehensive heart website was founded by retired cardio-thoracic surgeon Dr. Tryzelaar. The main goal of his blog is to answer reader questions about anything related to heart health. As an added bonus, you can also read expert nutrition advice for heart disease.

Clinton Foundation

<http://www.clintonfoundation.org/blog>

The Foundation is an advocate for helping people achieve happier, healthier lives. The organization has made strides in covering heart disease—a leading concern—on its blog. An important fact the blog points out is that women are more likely to call 911 if another person is experiencing a heart attack, than to call for themselves. Exploring self-care is just as important as caring for others.

Congestive Heart Failure Blog

<http://blog.heart.org/tag/congestive-heart-failure/>

You may have turned to Drugs.com for medication information in the past. Now you can use their Congestive Heart Failure Blog as another valuable source. According to the Centers for Disease Control and Prevention (CDC), approximately 5.1 million Americans have heart failure. Since this condition can be fatal when left uncontrolled, the time to seek life-saving solutions is now. Drugs.com's blog features studies on medications as well as clinical trials. You can also learn about other contributors to heart failure, such as depression and air pollution.

Dr. Sinatra's Heart Health Blogs

<http://www.drsinatra.com/index.cfm/fuseaction/blog.list/categoryID/faf3a98e-8f7f-40bc-9d79-0fd60dc4968a/>

Cardiologist Dr. Stephen Sinatra shares expert advice through his Heart Health Blogs. These medical-based articles cover topics related to the prevention and management of heart disease, ranging from diet and supplements to warning signs and correlating diseases. Dr. Sinatra also helps bust common heart health myths.

Go Red for Women

<http://blog.heart.org/tag/go-red-for-women/>

Go Red is a movement by the American Heart Association. Red signifies the fight against heart disease in an attempt to save thousands of women's lives each year.

The Healthy Foodie

<http://thehealthyfoodie.com/>

This blog offers solutions to such dilemmas with easy, homemade foods that nourish your body.

Heart Foundation Blogs and Stories

<https://www.heartfoundation.org.nz/blog-stories>

Blogs and Stories from the **Heart Foundation** is an online forum available to help you stay connected and informed on heart disease. The Circulate Blog is dedicated to easy-to-read articles related to everything about the heart, including tips for better eating and exercise. You'll also find coverage of local heart health events from across the country. This blog highlights personal stories of survival and triumph—you can even submit your own story.

Heart Health

<http://www.health.harvard.edu/blog/categories/health/heart-health>

Harvard Medical School is a leader in public health information, and their **Heart Health** blog is no exception. The blog's authors include medical doctors as well as science information experts. Collaboratively, they provide the latest information on relevant heart health news and tips. Here you'll learn about advances in heart medications and methods for reducing the risk of a heart attack. **Heart Health** explores other related topics such as stroke, and how coping with the death of a spouse affects your personal heart attack risk.

Heart Sisters

<http://myheartsisters.org/>

This is a blog dedicated to women battling heart disease. Founded by heart attack survivor Carolyn Thomas, this blog explores differences in symptoms between genders, as well as some of the most common myths attributed to female heart attack patients. Furthermore, you can learn about personal risk factors along with preventive measures.

Medline Plus:

<http://www.nlm.nih.gov/medlineplus/heartdiseases.html>

It is the National Institutes of Health's Web site for patients and their families and friends. Produced by the National Library of Medicine, information is brought to you about diseases, conditions, and wellness issues in a language you can understand. MedlinePlus offers free reliable, up-to-date health information, anytime, anywhere. In the section, "What would Kathy Eat?", it provides delicious alternatives to the typical American diet full of processed foods and saturated fat. It helps people realize the connection between what they put in their mouths and their future well-being.

WEBSITES

ADULT CONGENITAL HEART ASSOCIATION

<http://www.achaheart.org/about-us/our-mission.aspx>

The mission of the adult congenital heart association (ACHA) is to improve and extend the lives of the millions born with heart defects through education, advocacy and the promotion of research.

AMERICAN HEART ASSOCIATION

<http://www.heart.org/HEARTORG/>

The American Heart Association is the nation's oldest, largest voluntary organization devoted to fighting cardiovascular diseases and stroke. Founded by six cardiologists in 1924, our organization now includes more than 22.5 million volunteers and supporters working tirelessly to eliminate these diseases. We fund innovative research, fight for stronger public health policies and provide lifesaving tools and information to save and improve lives.

CDC

<http://www.cdc.gov/heartdisease/>

Works 24/7 to protect America from health, safety and security threats, both foreign and in the U.S. Whether diseases start at home or abroad, are chronic or acute, curable or preventable, human error or deliberate attack, CDC fights disease and supports communities and citizens to do the same. To accomplish our mission, CDC conducts critical science and provides health information that protects our nation against expensive and dangerous health threats, and responds when these arise.

CONGENITAL HEART DISEASE

<https://www.pted.org>

Cove Point also includes adult congenital heart disease information on exercise and pregnancy. This website is certified by Health On the Net Foundation.

GO RED FOR WOMEN

<https://www.goredforwomen.org/home/about-go-red/>

Go Red For Women encourages awareness of the issue of women and heart disease, and also action to save more lives. The movement harnesses the energy, passion and power women have to band together and collectively wipe out heart disease. It challenges them to know their risk for heart disease and take action to reduce their personal risk. It also gives them the tools they need to lead a heart healthy life.

HEART FOUNDATION

<http://www.theheartfoundation.org/>

The Heart Foundation's mission is to save lives by educating the public about heart disease, promoting early detection, and supporting the research of world-renowned cardiologist Dr. P.K. Shah in the quest to find more effective ways to prevent and treat the #1 cause of death in the U.S.

HEARTHUB

<http://www.hearthub.org/>

It is the American Association patient portal for information, tools and resources about cardiovascular disease and stroke. Here you will find a wealth of information to help you understand and manage your health. You can use online tools to understand your risks and options.

MAYO CLINIC

<http://www.webmd.com/heart-disease/guide/treatment-angioplasty-stents>

Mayo Clinic is a not-for-profit medical institution that reinvests all earnings into improving medical practice, research and education. Mayo Clinic doctors trained in heart disease (cardiologists) have experience diagnosing and treating people with cardiovascular diseases. Doctors diagnose and treat more than 177,000 people with cardiovascular diseases each year.

MILLION HEARTS

<http://millionhearts.hhs.gov/index.html>

Million Hearts® is a national initiative to prevent 1 million heart attacks and strokes by 2017. Million Hearts® brings together communities, health systems, nonprofit organizations, federal agencies, and private-sector partners from across the country to fight heart disease and stroke.

WEBMD

<http://www.webmd.com/heart-disease/default.htm>

WebMD provides valuable health information, tools for managing your health, and support to those who seek information. You can trust that our content is timely and credible. Heart disease, such as coronary heart disease, heart attack, congestive heart failure, and congenital heart disease, is the leading cause of death for men and women in the U.S. Prevention includes quitting smoking, lowering cholesterol, controlling high blood pressure, maintaining a healthy weight, and exercising.

WOMEN HEART

<http://www.womenheart.org/>

The National Coalition for Women with Heart Disease is a nonprofit, 501(c) (3) patient advocacy organization with thousands of members nationwide, including women heart patients and their families, health care providers, advocates and consumers committed to helping women live longer, healthier lives. WomenHeart supports, educates and advocates on behalf of the 42 million American women living with or at risk of heart disease. Programs are made possible by donations, grants and corporate partnerships.

WORLD HEART FEDERATION

<http://www.world-heart-federation.org/>

It is dedicated to leading the global fight against cardiovascular disease (CVD) – including heart disease and stroke - with a focus on low- and middle-income countries, via a united community of more than 200 member organizations. It aligns its efforts around the World Health Organization's related target of reducing premature CVD mortality of 25% by 2025. With its members, the World Heart Federation works to build global commitment to addressing cardiovascular health at the policy level, generates and exchanges ideas, shares best practice, advances scientific knowledge and promotes knowledge transfer to tackle cardiovascular disease- the number one killer. It is a growing membership

organization that brings together the strength of cardiac societies and heart foundations from more than 100 countries. Through our collective efforts we can help people all over the world to lead longer and better heart-healthy lives.

LIST SERVES

Brookhaven Hospital

<http://www.brookhavenhospital.org/contact-us.cfm>

Franklin Hospital

Healthfinder.gov

<http://www.healthfinder.gov/nho/febAnnounce.aspx>

Good Samaritan Hospital

<http://goodsamaritan.chsli.org/contact-us>

Mather Hospital

<http://www.matherhospital.org/>

Mayo Clinic

<http://www.mayoclinic.org/diseases-conditions/heart-disease/basics/definition/con-20034056>

Nassau University Medical Center

<http://www.nuhealth.net/contact.asp>

North Shore LIJ

<http://www.northshorelij.com/hospitals/contact-us/compliments-complaints-concerns-contact-us>

Saint Francis Health System

<http://www.saintfrancis.com/Pages/home.aspx>

Winthrop University Hospital

<http://www.winthrop.org/>