American Heart Association and American Stroke Association Resources

2020 Impact Goal and Simple 7
The American Heart Association has set a bold goal “to improve the cardiovascular health of all Americans by 20 percent while reducing deaths from cardiovascular diseases and stroke by 20 percent.” Improving the cardiovascular health of millions of Americans is a goal we can all share. We’re encouraging everyone to take a big step toward a better life with My Life Check. In just a few minutes, you can get your personal heart score and a custom plan with the seven simple steps you need to start living your best life.

My Life Check™ – Live better With Life’s Simple 7™ (a simple tool so you know where you stand on your road to good health. Get your own personal heart score and life plan. Your results will show you where you stand on the seven recommended areas of focus and will create an action plan that is customized to your lifestyle and health outlook.)

Consumer and Patient Education Materials
Our line of patient and consumer education brochures are for patients and groups at-risk to promote healthy living and managing and preventing disease. Topics include nutrition and weight management, smoking, cholesterol, high blood pressure, physical activity, controlling risk factors, cardiovascular conditions, treatments, procedures, and stroke. Whether you're trying to reduce your risk of heart disease or help a loved one recover after surgery, you can benefit from the information. www.krames.com

Heart Disease and Stroke Statistics — 2011 Update
Each year, the American Heart Association, in conjunction with the Centers for Disease Control and Prevention, the National Institutes of Health and other government agencies, brings together the most up-to-date statistics on heart disease, stroke and other vascular diseases in the Heart Disease and Stroke Statistical Update. This is a valuable resource for researchers, clinicians, healthcare policy makers, media professionals, the public and others who seek the best national data available on disease morbidity, mortality and risks; quality of care; medical procedures and operations; and costs associated with the management of these diseases. The 2011 Statistical Update is a major source for monitoring both cardiovascular health and disease in the population, with a focus on progress toward the American Heart Association’s 2020 Impact Goals.

Heart Hub – For Patients and For Professionals
A website portal for patients and professionals with information, tools and resources about cardiovascular diseases and stroke.
For Patients
Professionals

Professional Education Center - Learn at Heart with the latest Cardiovascular and Stroke Continuing Education – you can sign up for live conferences as well as take online courses. Stroke specific topics include Acute Stroke Treatment and the National Institutes of Health Stroke Scale.

Northeast Professional Education Conferences - Web page with northeast region professional education programs.

**Target Stroke**
Target: Stroke was created to help hospitals seize that the opportunity of improve outcomes simply by providing the right treatment, right away. by achieving door-to-needle (DTN) times of 60 minutes or less.

**You’re the Cure** – By Joining You’re the Cure you can help the American Heart Association/American Stroke Association advocate for stroke related prevention programs; funding for state departments of health and so much more! It is free to join and your voice can help make a difference.

**Heart360®**
For healthcare providers -can enhance your practice and empower your patients; and for patients a convenient and secure location for you to track and manage your heart health. Record your health data with our online trackers, access additional information and resources on how to be heart healthy, and even share your results with your provider.

**Heart of Diabetes**
By joining The Heart of Diabetes, you have decided to take a step toward achieving your treatment goal and better managing your type 2 diabetes. By choosing to make lifestyle changes — getting regular physical activity, making healthy food choices and working with a healthcare provider — you’ll lead a happier, healthier life. Enrolling is FREE, and you'll receive these great benefits:

- **Access to our 12-week email program**, Reach Your Goals Guide. You’ll receive weekly emails that can change your outlook on diabetes and help you take control of your life.
- **A monthly e-newsletter** filled with heart-healthy tips, events and programs, news, recipes, promotions and more.

**Stroke Information/Handouts**

**Stroke Family Warmline** – **1-888-478-7653** The Warmline connects stroke survivors and their families with an ASA team member who can provide support, helpful information or just a listening ear. You may also requested educational materials, and register to receive the Stroke Connection Magazine.

**1-888-4-STROKE Hotline**
For stroke information, call the American Stroke Association at 1-888-4-STROKE. For information on life after stroke, ask for the Stroke Family Support Network.

**Power to End Stroke**
Power To End Stroke is an education and awareness campaign that embraces and celebrates the culture, energy, creativity and lifestyles of Americans. It unites people to help make an impact on the high incidence of stroke within their communities. Resources included: **Power to End Stroke Store** to download the Toolkit for Healthcare professionals and **Power to End Stroke** Helpful tools are available to utilize for community education.

**Let’s Talk About Stroke**
Understanding your condition and how to manage it can increase your confidence in making changes to improve and maintain your health. Let's Talk About Stroke is a series of downloadable patient information sheets, created by the American Stroke Association, that presents information in a question-and-answer format.
that's brief, easy to follow and easy to read. They also provide room for you to write down questions to ask your doctor. This can help you prepare to get the most out of your next visit with your healthcare professional. Whether you or a loved one just had an acute event or are at high risk for stroke, these sheets will help you start taking action to reduce your risk and understand your condition.

**Life After Stroke Area on the Website**

**Sharegivers Peer Visitor Program**

ShareGivers is a peer visiting training program for stroke survivors, their family members, friends and others. The program takes participants through a series of classes designed to address the physical, mental and emotional changes stroke survivors may face. Lessons 1–8 cover the needs of stroke survivors and family. Topics include causes and consequences of stroke, stress, self-esteem and more. Lessons 9–12 teach active listening skills and the essential guidelines for visiting. The ShareGiver program can also be offered as a stand-alone stroke education course for a general audience. To order this product or other ShareGiver materials, contact our National Distributor, Krames, at 1-800-333-3032, or [order online](#).

**The Heart of Caregiving**

As a caregiver, you may think your first responsibility is to your loved one, but it’s really to yourself. You’ve got to take care of your own health and well-being to do the best you can for your loved one. [Learn more](#) about our resources to help you take care of you.

**Stroke Connection Magazine**

Stroke Connection’s bi-monthly magazine brings information and inspiration right to you in print or e-zine format. From in-depth information on conditions such as aphasia, central pain, high blood pressure and depression, to tips for daily living from healthcare professionals and other stroke survivors. Stroke Connection keeps you abreast of how to cope, how to reduce your risk of stroke and how to make the most of each day. Issues are free to patients/families for the first year and can also be ordered in bulk to distribute in waiting rooms.

**Stroke Resources for Healthcare Professionals**

**Heart Disease Information/Handouts**

**Go Red for Women Movement**

As a healthcare professional you touch many patients’ lives and your involvement in the movement can help link the women who visit your office with important information about protecting their hearts and simple steps to reduce their risk.

**Answers by Heart/Patient Information Sheets**

Answers by Heart is a series of downloadable patient information sheets presented in a question-and-answer format that's brief, easy to follow and easy to read. They also provide room for you to write down questions to ask your doctor. This can help you prepare to get the most out of your next visit with your healthcare professional. Some of the sheets also allow you to log and track personal data such as blood pressure, cholesterol, weight and exercise. Whether you or a loved one just had an acute event or procedure, have been diagnosed with cardiovascular disease or have had an event before or are at high risk for cardiovascular disease, these sheets will help you start taking action to reduce your risk.
**Cardiac Rehab Program**
The American Heart Association has an award-winning, easy-to-follow cardiac rehabilitation program that can help you and your loved ones take control of their heart health.

**Heart Insight Magazine**
Free online magazine to help patients, their families and caregivers manage and prevent cardiovascular disease and related conditions.

**CPR Anytime**
Order a kit to teach your family CPR in 20 minutes.

**Heart-Healthy Recipes**
Good nutrition is one way to reduce your risk of developing heart disease and stroke.