

Learn more about Heart Health

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Websites

aadsm.org/PatientResources.aspx *American Academy of Dental Sleep Medicine* explains obstructive sleep apnea and oral appliance therapy vs. upper airway surgery. Includes a Find a Dentist feature.

medlineplus.gov *MedlinePlus* is the comprehensive consumer health information database of the National Library of Medicine. Enter "heart" or "heart diseases" in the search box to find many reputable resources.

hearthub.org The *American Heart Association's* comprehensive website includes links to information on heart health, recipes, patient education materials in Spanish, warning signs, healthy lifestyle information and risk assessment.

nhlbi.nih.gov The website of the *National Heart, Lung and Blood Institute* of the U.S. Department of Health & Human Services offers health assessment tools, news and events, educational tutorials and information on conditions and clinical trials.

sistertosister.org The *Sister to Sister: Everyone Has A Heart Foundation* was founded in 2000 to increase screening and awareness about women's heart disease and to encourage heart-healthy lifestyles among women. Their website includes links to risk factors, interactive tools, recipes, daily tips, and advice from experts.

Local resources

AuroraHealthCare.org *Aurora Health Care's* website has information from top Aurora cardiologists. Search "heart diseases" or a specific heart disease and Aurora cardiologists explain signs, symptoms, causes and treatments. Aurora programs and physicians are listed.

The Karen Yontz Women's Cardiac Awareness Center, located at Aurora St. Luke's Medical Center in Milwaukee, offers resources for women and their families, including cardiac risk assessment, nutritional and fitness evaluations, and classes. No physician referral is necessary. Call 414-649-5767 for additional information.

American Heart Association, Southeast Wisconsin Branch, 1555 N. RiverCenter Drive Suite 212, Milwaukee, WI 53212, phone 414-271-9999. Northeast Wisconsin Branch, 2850 Dairy Drive Suite 300, Madison, WI 53718, phone: 608-221-8866.

Books

American Heart Association Low-Salt Cookbook: A Complete Guide to Reducing Sodium and Fat in Your Diet by the American Heart Association, Clarkson Potter Publishers, 2011, ISBN 9780307407627, 352 pages, \$24. This revised and expanded fourth edition shows that a low-sodium diet can be not only good for your health, but also full of flavor.

The Buena Salud Guide for a Healthy Heart: A National Alliance for Hispanic Health Book by Jane L Delgado, PhD, MS, Newmarket Press, 2011, ISBN 9781557049438, 128 pages, \$9.95. This guide details what readers need to know about the leading cause of death for all men and women in the U.S.

Beat the Heart Attack Gene by Bradley Bale, MD, Wiley, 2013, ISBN 9781118454299, \$25.95. Bale explains a new personalized guide to preventing heart disease based on genetic factors, such as the three genetic cholesterol profiles.

Dr. Suzanne Steinbaum's Heart Book: Every Woman's Guide to a Heart-Healthy Life, Avery, 2013, ISBN 9781583335055, \$12.44. Lenox Hill Hospital cardiologist Steinbaum explains the effect of stress on the heart and a holistic way to be healthier.

Heart 411: The Only Guide to Heart Health You'll Ever Need by Marc Gillinov, MD, Crown Pub., 2012, ISBN 9780307719904, \$19.99. Two experts, heart surgeon Gillinov and cardiologist Steven Nissen, MD, answer all your questions based on recent research and years of experience.

Living Well with Heart Failure: The Misnamed, Misunderstood Condition by Edward K. Kasper, MD, Johns Hopkins University Press, 2010, ISBN 0801894239, \$7.98. A writer with heart failure and her Johns Hopkins physician collaborate to explain the causes and guideline-recommended treatment for heart failure, along with advice from a nutritionist.

Mayo Clinic Healthy Heart Plan for Life!, Time Inc., 2012, ISBN 9781603202046, \$25.95. Mayo Clinic provides a comprehensive, step-by-step plan to reduce the risks and life-changing effects of heart disease. Learn about small changes you can make.

Books on this topic are available for checkout from Aurora Libraries and may be available at your public library.