

Hypertension and Stroke

Websites

[Medlineplus.gov](http://medlineplus.gov) A resource from the National Library of Medicine. Type “hypertension”, “high blood pressure” or “stroke” in the search box to find links to reputable information, including videos and tutorials.

strokeassociation.org Visit the American Stroke Association website for more information on managing stroke and to learn how to reduce your risk factors, including hypertension and high blood pressure. You can also browse the latest issue of the Stroke Connection from the American Heart Association.

cdc.gov The Centers for Disease Control and Prevention provide extensive quality information on high blood pressure and stroke. Type in blood pressure, hypertension or stroke to find extensive reliable information including risks, prevention, treatment and statistics etc.

nhlbi.nih.gov/ The National Heart Lung, and Blood Institute website provides quality information. Search for either stroke, hypertension or high blood pressure.

Local Resources

Stroke Club is a monthly support group offered by Aurora Health Care. Meetings consist of an educational topic and/or support sharing session. Call 800-499-5736 for information on classes in Kenosha or Elkhorn, and 414-649-7060 for Aurora St. Luke’s meeting information.

Cholesterol Screening and Heart Disease Risk Assessment. Meet with a cardiac nurse educator in the Karen Yontz Center for screenings and assistance with creating a plan to prevent, reduce or modify your risk. Charges are applicable for screenings. Call 414-649-5767 for more information.

Heart.org The American Heart Association is a non-profit education and research organization. Local information includes events, classes, CPR training and more. Contact the Southeast Wisconsin Chapter at 414-271-9999 or write to 660 E. Mason Street, Suite 200, Milwaukee, WI 53202. Contact the Western, Northern and Central Wisconsin Chapters at 608-221-8866 or write to 2850 Dairy Drive, Suite 200, Madison, WI 53718.

Books

American Heart Association Low-Salt Cookbook: A Complete Guide to Reducing Sodium and Fat in Your Diet Clarkson Potter/Publishers, 2011, ISBN 9780307407627, 352 pages, \$23.99. In addition to over 200 recipes, you’ll find information on picking healthy foods while shopping and dining out, and making substitutions while cooking.

Pulmonary Hypertension: A Patient’s Survival Guide by Gail Boyer Hayes, Pulmonary Hypertension Association, 2013, 5th ed, ISBN 9780975898727, 46 pages, \$15.00. This resource book is for patients and caregivers and was written by pulmonary hypertension patient Gail Boyer Hayes.

The Day My Brain Exploded by Ashok Rajamani, Algonquin Books of Chapel Hill, 2013, ISBN 9781565129979, 253 pages, \$13.95. After a brain bleed at the age of twenty-five, the author had to relearn everything: how to eat, how to walk and how to speak. With humor and insight, he describes the events of that day.

100 Questions & Answers About High Blood Pressure by Raymond Townsend, MD, Jones & Bartlett Publishers, 2007, ISBN 978-07637-53511, 167 pages, \$21.95. Authoritative and practical answers to the most common questions asked by patients and their loved ones. Written by physicians, and includes patient commentary.

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