





American  
Heart  
Association.

## R I I

Call (1-800-242-8721)  
or visit to learn more about  
heart disease and stroke.

Sign up for our monthly *Heart Insight*  
e-news for heart patients and their  
families at .

Connect with others sharing similar  
journeys with heart disease and stroke  
by joining our Support Network at .

## Do you have questions for the doctor or nurse?

Take a few minutes to  
write down questions  
for the next time you  
see your health care  
professional.

For example:

**How can I tell heart**