

## American Heart Links

There are several resources available to you on the American Heart Association website at [www.americanheart.org](http://www.americanheart.org). Here are some helpful links:

- You can find statistics on cardiovascular diseases and risk factors at <http://www.americanheart.org/presenter.ihtml?identifier=2007>
- You can find out *your* risk for heart disease at <http://www.americanheart.org/presenter.ihtml?identifier=3003500>
- You can access information on the warning signs of heart attack and stroke at <http://www.americanheart.org/presenter.ihtml?identifier=3053>
- You can find out how to lead a healthy lifestyle at <http://www.americanheart.org/presenter.ihtml?identifier=1200009>
- You can also go to the Emergency Cardiovascular Care (ECC) website at <http://www.americanheart.org/presenter.ihtml?identifier=3011764>, where you can find out about other American Heart Association CPR or First Aid courses and even find a course in your area.
- To find any other topic, use the Heart and Stroke Encyclopedia at this link: <http://www.americanheart.org/presenter.ihtml?identifier=10000056>