

# Patient Education Resources for Cardiovascular Disease

AmeriCares

U.S. Medical  
Assistance

## Free for Download

### American Heart Association (AHA)

- [HeartHub™](#) is the AHA's patient portal for information, tools and resources about CVD and stroke. Information is available through a variety of media delivery options including videos, podcasts, e-newsletters and print and is available in multiple languages.
- [Answers by Heart](#) is a series of downloadable patient information sheets presented in a question-and-answer format that is brief and easy to follow. Some topics are available in Spanish.
- [Heart360](#) from AHA and the American Stroke Association is an online tool that helps patients track and manager their blood pressure, blood glucose, cholesterol, weight, nutrition and physical activity. Condition-specific information and advice is also provided.

### Center for Disease Control and Prevention (CDC)

- The CDC patient education [Fact Sheets](#) on heart disease provides information on the prevalence of CVD in the US, risk factors, CDC public health efforts and references. Content is available in Spanish.

### American College of Physicians (ACP)

- The ACP, the national organization for internists specializing in adult illness, offers patient education materials on CVD and related topics in English and Spanish.
- [e-Health Tips](#) contain evidence-based information to help patients manage their condition. Developed for patients who have difficulty understanding and acting on health information and written at a fifth-grade reading level.

### CardioSmart

- [CardioSmart](#) is the American College of Cardiology's patient education and support program. This comprehensive website contains basic information on CVD, risk factors, tests, treatment, etc. as well as patient fact sheets, videos, and more. Content is available in Spanish.

### American Society of Hypertension (ASH)

- [ASH Blood Pressure and Your Health](#) is an easy-to-use patient booklet designed to help lower blood pressure. Available in English and Spanish.

## Free to Order Online

### Preventive Cardiovascular Nurses Association (PCNA)

- PCNA is dedicated to preventing CVD through assessing risk, facilitating lifestyle changes and guiding individuals to achieve treatment goals. [Patient education materials](#) are available on blood pressure, cholesterol, angina, anti-platelet therapy, familial hypercholesterolemia and guidelines for women. Some pieces are available in Spanish.