

# Professional Education Resources for Cardiovascular Disease

AmeriCares

U.S. Medical  
Assistance

## Free for Download

### American Medical Association (AMA)

- The AMA's [Improving Health Outcomes](#) Hypertension section seeks to address heart disease and stroke by focusing on high blood pressure. Resources on the site include checklists and statistics as well as tools for addressing hypertension in physician practices.

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

- The CDC offers [fact sheets](#) on heart disease, stroke, cholesterol, high blood pressure and salt. Additional resources include a listing of preventive programs, data and statistics, reports, guidelines and recommendations, training and other professional development.
- [Million Hearts: Strategies to Reduce the Prevalence of Leading Cardiovascular Disease Risk Factors -- United States, 2011](#) reviews data on CVD and its implication for public health practice.

### HealthTeamWorks

- HealthTeamWorks provides evidence-based guidelines on the treatment of CVD for professionals in primary care, with the goal to optimize health, improve quality and safety, reduce costs and improve the care experience for patients and their healthcare team. Their [website](#) provides links to CVD guidelines and related links.

### Million Hearts™

- [Million Hearts™](#) is a national initiative of the Department of Health and Human Services (HHS) to prevent 1 million heart attacks and strokes. Since its initiation other federal agencies, private-sector organizations, insurance companies, and healthcare systems have gotten involved to make a long-lasting impact against cardiovascular disease.
- A wide variety of [interactive, print, and video educational materials](#) for both the professionals and patients are available on their website.

## Membership to the Association Required

### American Heart Association (AHA)

- [My American Heart](#) is the professional portal from the American Heart Association containing information on scientific news, sessions, and journal articles. Some information is free while access to other information requires AHA membership.

### Preventive Cardiovascular Nurses Association (PCNA)

- [Professional materials](#) include a pocket guide on national guidelines, recommended treatment goals for primary and secondary prevention of CVD, and compliance strategies for risk factor reduction interventions. PCNA membership is required to access these resources.

### American Society of Hypertension (ASH)

- ASH offers a number of online and live-meeting [educational options](#) for its members to address the challenges of treating patients with hypertension.