



HEART HEALTH

Health Web Site Users Beware

(NAPSA)—Americans are more health savvy now and increasingly look for answers to their health questions on-line. However, the adage “user beware” applies when searching for health information on the Web due to the mountain of information available from, often, unreliable sources. The American Heart Association has heartening news for people who are concerned about cardiovascular disease.

The online tools available on americanheart.org offer the latest, most reliable cardiovascular information. In one click users can go to a health Web site providing health information tailored to their needs.

Some of the latest tools at americanheart.org are:

- **Fruit and Veggie Tracker.** The American Heart Association supports eating a diet rich in fruits and vegetables. Print—or save on your computer’s hard drive—this easy-to-follow chart to make sure you are eating five servings of fruit and veggies each day.

- **Commonly Asked Questions on High Blood Pressure Section.** This new tool answers questions on topics from low-carb diets to metabolic syndrome for people managing high blood pressure.

- **The Virtual Snack Machine.** Choose your snack from the “vending machine” and see how it stacks up nutritionally and economically to other options in the machine.

- **The Smoking Calculator.** Smoking is not only the number one preventable risk factor for heart disease and stroke, but it burns money. Use this to find out how much money smokers could



New online tools help manage heart disease and stroke risk factors.

keep in their pockets.

- **High Blood Pressure Risk Calculator.** Put in your blood pressure information and calculate specific risk level for high blood pressure, heart disease and stroke. Learn how lifestyle changes can lower blood pressure and get a print out to use at your next doctor’s appointment.

Other tools, such as the Heart Profiler™—free-personalized, online educational tool for heart disease patients, their families and caregivers—provides the information needed to successfully manage their diseases.

If you’ve been diagnosed with heart failure, coronary artery disease, high cholesterol, atrial fibrillation or are managing high blood pressure, this is a credible source for your health information. The program provides individualized information about treatment options, their potential side effects, and questions to ask your health care provider.

To use these tools and others, visit americanheart.org.