



spotlight on health

New Online Technology Helps Reduce Heart Attack And Stroke Risk

(NAPSA)—One way to reduce your risk of a heart attack and stroke may be to turn on your computer.

A free, online, interactive program has been developed by the American Heart Association and the American Stroke Association for individuals at risk for coronary heart disease and stroke. The site, MyHeartWatchSM, features helpful information and support for patients at risk for or recovering from a heart attack and/or stroke.

“The online program is a comprehensive Web site created to help patients reduce their risks for coronary heart disease and stroke while achieving their goals for a healthy lifestyle,” said Richard Pasternak, M.D., director of preventive cardiology and cardiac rehabilitation, Massachusetts General Hospital and chairman of the American Heart Association MyHeartWatch volunteer task force.

The site features interactive tools such as Know Your Heart Attack Risk, an online assessment that predicts a person’s actual risk of having a heart attack or dying from coronary heart disease within the next 10 years based on current risk factors.

Ask-an-Expert gives participants responses to their questions from an expert panel at the American Heart Association and the American Stroke Association.

Nutrition Calculator lets participants count calories and monitor other nutritional information at the click of a mouse. After entering what you eat for an entire day, you can see how closely you’ve come to meeting your nutritional goals.



A new Web site provides information to individuals who want to reduce their risk of a heart attack.

Chat Rooms offer participants real-time discussions in “virtual cafes” with other members. Professional moderators guide discussions and communicate expert information from the American Heart Association and the American Stroke Association.

Discussion Groups are comprised of individuals who wish to contribute to an ongoing discussion.

The Behavioral Modification Program is a health and lifestyle management component that provides individually tailored health and behavioral information to help lower heart attack and stroke risk.

Other features include online polls, personal stories, a resource center, and many more tools and tips.

“With this interactive technology, we’re helping patients help themselves,” said Pasternak. “MyHeartWatch.org is just what the doctor ordered.”