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American  
Heart  
Association.

- 1 Call **1-800-AHA-USA1** (1-800-242-8721), or visit [heart.org](https://heart.org) to learn more about heart disease and stroke.
- 2 Sign up for our monthly *Heart Insight* e-news for heart patients and their families at [HeartInsight.org](https://HeartInsight.org).
- 3 Connect with others sharing similar journeys with heart disease and stroke by joining our Support Network at [heart.org/SupportNetwork](https://heart.org/SupportNetwork).

### Do you have questions for your doctor or nurse?

Take a few minutes to write down your questions for the next time you see your health care professional.

For example:

**How can I tell heart attack from angina?**

**How is a heart attack different from cardiac arrest?**

We have many other fact sheets to help you make healthier choices to reduce your risk for heart disease, manage your condition or care for a loved one. Visit [heart.org/AnswersByHeart](https://heart.org/AnswersByHeart) to learn more.