





American
Heart
Association.

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Call (1-800-242-8721)
or visit to learn more about
heart disease and stroke.

Sign up for our monthly *Heart Insight*
e-news for heart patients and their
families at .

Connect with others sharing similar
journeys with heart disease and stroke
by joining our Support Network at .

Do you have questions for the doctor or nurse?

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

For example:

How can I tell heart