



American
Heart
Association.

2023 Patient Education Catalog

for American Heart Association staff



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Life's Essential 8™

EIGHT ESSENTIAL STEPS TO A HEALTHIER HEART



Stop
Smoking



Get
Enough
Sleep



Eat
Better



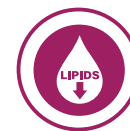
Get
Active



Control
Blood
Sugar



Maintain a
Healthy
Weight



Control
Cholesterol



Manage
Blood
Pressure

Life's Essential 8™ provides steps for achieving ideal cardiovascular health . Your patients can learn where they stand with Life's Essential 8™ in a few minutes . Encourage them to visit heart.org/Lifes8 to learn more and take the My Life Check® assessment to get their personal heart score and a custom plan with the eight steps they need to start living their best life .

Life's Essential 8™ booklets help people adopt healthier behaviors and stick with them . Use the list below to find tools to address specific needs . Some brochures have Spanish editions .

- My Personal Health Tracker
- Life's Essential 8™: Eight Essential Steps to a Healthier Heart
- Quit Smoking for Good
- Losing Weight the Healthy Way
- Easy Food Tips for Heart-Healthy Eating
- Making Healthy Food and Lifestyle Choices
- Diabetes, Heart Disease & Stroke
- Understanding and Improving Your Cholesterol
- Understanding and Controlling Your High Blood Pressure
- Just Move! Our Guide to Physical Activity

Start With the Basics: My Personal Health Tracker



This helpful wallet card provides space to record personal health information, track medications and monitor cholesterol, blood pressure, weight and glucose at each medical appointment. It also identifies risk factors and emphasizes key guidelines for people to know to manage them.

#50-1722 \$5.75/pkg of 25

Life's Essential 8™: Eight Essential Steps to a Healthier Heart



Provide your patients and community members with this easy-to-follow guide to the eight essential steps everyone should take to achieve ideal cardiovascular health. Includes actionable advice they can use to start living their best life and direction to online resources to get their personal heart score and a custom plan.

#50-1644A (16 pages) \$13.95/pkg of 50

ALSO AVAILABLE IN SPANISH! See page 15



Life's Essential 8™



Control Blood Sugar

Diabetes, Heart Disease & Stroke



This helpful guide explains diabetes (what it is, how it is diagnosed, types). Practical advice is given for controlling this condition and reducing the risk of heart disease and stroke by making lifestyle changes. Content features two diabetes-friendly recipes to promote healthy eating.

#50-1725A (28 pages) \$14.35/pkg of 50

ALSO AVAILABLE IN SPANISH! See page 15



Get Active

Just Move! Our Guide to Physical Activity



Provides information on physical activity, with strategies on how “non-athletes” can make physical fitness a regular part of life. Encourages goal setting, and includes an activity checklist, a calorie-use chart and an exercise diary to track progress.

#50-1632 (16 pages) \$15.95/pkg of 50



Eat Better

Easy Food Tips for Heart-Healthy Eating



Merit Award National Health Information Awards

This convenient, easy-to-understand booklet supports following a heart-healthy diet by helping readers make the best choices for everything from proteins and dairy to canned vegetables and healthy oils. Readers also learn the most important things to look for when reading Nutrition Facts labels.

#50-1759 (20 pages) \$15.45/pkg of 50

AVAILABLE IN SPANISH! See page 15

Making Healthy Food and Lifestyle Choices



This booklet provides guidance in creating a simple-to-follow food and lifestyle plan in order to achieve cardiovascular health. The encouraging tone inspires behavior change and helps assure people that these goals can be achieved. Includes a sample menu and a physical activity diary.

#50-1689A (28 pages) \$12.05/pkg of 50



Life's Essential 8™



Maintain a Healthy Weight

Losing Weight the Healthy Way



This brochure walks readers through the basics of weight management. These include planning an effective weight-loss program, choosing healthy foods and getting regular physical activity. New content introduces the importance of peer support and celebrating milestones in achieving long-term success.

#50-1680A (28 pages) \$15.00/pkg of 50



Manage Blood Pressure

Understanding and Controlling Your High Blood Pressure



Realizing that you have high blood pressure (HBP) is a first step to keeping it in check. This useful brochure helps people understand their blood pressure numbers, learn how to manage their condition and adopt healthy lifestyle changes. It includes information on HBP medications and recommendations on sodium reduction. Information on home blood pressure monitoring is also included.

#50-1731 (20 pages) \$15.40/pkg of 50

ALSO AVAILABLE IN SPANISH! See page 15



Control Cholesterol

Understanding and Improving Your Cholesterol



This brochure helps people understand how cholesterol affects the body and what they can do to improve their numbers and reduce their risk of heart disease and stroke. Content offers clear explanations of LDL, HDL and triglycerides. It also includes the latest information about how making lifestyle changes, improving diet and using medication can help.

#50-1713 (20 pages) \$15.40/pkg of 50

AVAILABLE IN SPANISH! See page 15



Stop Smoking

Quit Smoking for Good



Merit Award National Health Information Awards

Provides a detailed, step-by-step guide to stop smoking and maintain a nonsmoking lifestyle. Includes a no-smoking contract, advice for family and friends, information on the various tools available to help quit

and stay smoke-free, tips to plan for and prevent urges, handling slips, and an action plan for staying a nonsmoker for life.

#50-1657 (32 pages) \$7.10/pkg of 25

Order American Heart Association patient education at www.krames4heart.com or call **800-617-8194** today .

Blood Pressure Control



High Blood Pressure



Provide blood pressure basics with this reader-friendly brochure. Includes a helpful chart of blood pressure categories and content that defines “high blood pressure” to help identify the condition earlier and reduce the risk for heart disease and stroke. It also includes information on how 10-year risk will help determine the best treatment approach, including lifestyle changes and medication.

#50-1733 (8 pages) \$10.99/pkg of 50

High Blood Pressure and Stroke



This brochure emphasizes why it's important to get blood pressure checked and how to manage it. Content defines high blood pressure to help identify the condition earlier and reduce the risk for stroke. It also includes information on how 10-year risk will help determine the best treatment approach, including lifestyle changes and medication.

#50-1734 (12 pages) \$13.60/pkg of 50

High Blood Pressure Among Black People



High blood pressure affects Black people more than any other racial or ethnic group. This booklet speaks directly to this population about this important risk factor. Content focuses on understanding blood pressure, risk factors for HBP, and common treatments such as eating healthier, getting regular physical activity and the role of medications.

#50-1735 (16 pages) \$10.45/pkg of 25

Nutrition and Exercise

Heart-Healthy Snacks



Silver Award National Health Information Awards

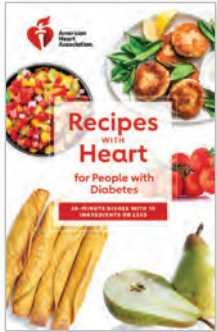
Take the guilt out of snacking with simple tips that help people of all ages avoid empty calories and make smart snack choices. Promote heart-healthy eating and weight management with suggestions that satisfy cravings for crunchies, munchies, sweets and more. Features five popular American Heart Association snack recipes.

#50-1721 (16 pages) \$13.95/pkg of 50



Order American Heart Association patient education at www.krames4heart.com or call **800-617-8194** today .

Recipes With Heart for People With Diabetes



With a focus on pantry-friendly recipes with 10 ingredients or less that can be prepared in 30 minutes or less, this new recipe book provides a delicious selection of 21 budget-conscious dishes that can easily fit into any diabetes meal plan. Additional content helps people who are managing diabetes make smarter food and lifestyle choices, understand how carbohydrates can fit into their diet and more.

#50-1758 (32 pages) \$1.15/ea

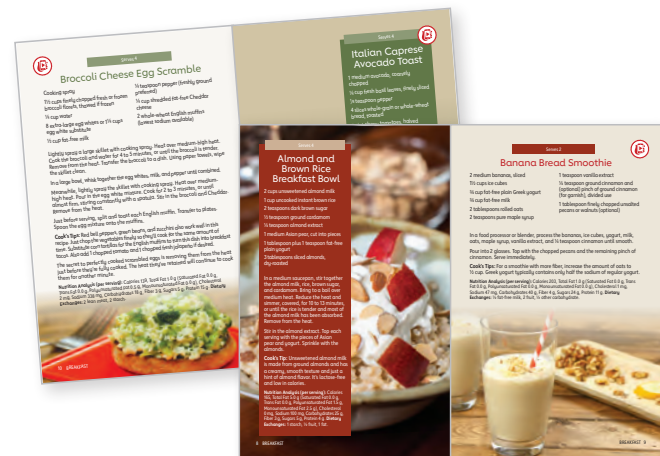


Recipes With Heart: Healthy Dishes the Whole Family Will Enjoy



Serve up this collection of simply delicious, heart-healthy recipes designed to encourage good eating habits for all ages. The 20 recipes in this collection were selected for criteria including ease of preparation, use of pantry staples and wide appeal, along with being smart nutritional choices. Beautiful full-color photos help entice readers into the kitchen. Companion cooking videos are also available online for many of the recipes.

#50-1748 (32 pages) \$1.15/ea



Sodium Smart Recipes: Cooking With More Flavor and Less Salt



A low-sodium diet doesn't have to be bland or boring. This recipe booklet provides 20 flavorful and appealing sodium-smart options from breakfast to dinner and even snacks! Supporting content helps users understand why eating less sodium is important to good health and provides easy-to-try tips for reducing sodium intake by making smart choices.

#50-1765 (32 pages) \$1.15/ea



Order American Heart Association patient education at www.krames4heart.com or call 800-617-8194 today.

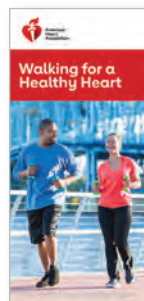
Shaking Your Salt Habit



Features six low-sodium recipes! Provide your audience with easy to understand information on why a low-sodium diet is important to managing blood pressure, supported by actionable guidance on how to lower sodium intake. Readers learn how to identify high- and low-sodium foods, strategies for dining out and tasty alternatives for cooking with less salt.

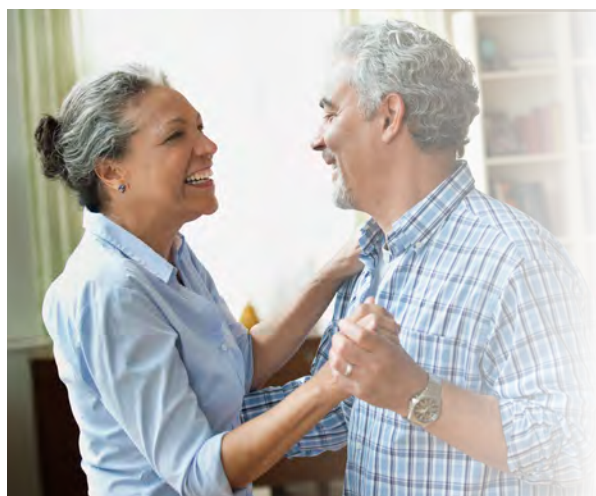
#50-1736A (28 pages) \$14.20/pkg of 50

Walking for a Healthy Heart



An upbeat brochure on the benefits of walking and the ways people can make physical fitness part of their lives. Stresses that you don't have to be an athlete to appreciate the benefits of regular physical activity. Includes a 12-step walking program designed to increase cardiovascular health.

#50-1661 (16 pages) \$10.45/pkg of 50



Being a Stroke Family Caregiver



More than 53 million Americans are currently caring for a family member or friend. But caregivers need support, too. This brochure leads stroke family caregivers through a step-by-step process to assess their own support systems and physical, mental and emotional needs so they can best meet the needs of their loved one.

#50-1752 (16 pages) \$20.00/pkg of 50

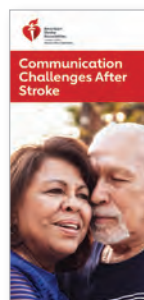
Changes in Behavior and Emotions After Stroke



This brochure offers an overview of the most common behavioral and emotional challenges faced by stroke survivors — and provides coping techniques and advice for survivors and caregivers alike. Impulsiveness, pseudobulbar affect, depression and one-side neglect are among the topics covered. Ways to boost survivor and caregiver self-esteem are also addressed.

#50-1750 (16 pages) \$20.00/pkg of 50

Communication Challenges After Stroke



With content for both the stroke survivor and the caregiver, this booklet provides an overview of how a stroke may affect a person's ability to speak, listen and understand language. It includes clear, easy to implement tips for overcoming these communication challenges, and how speech therapy may help. Also includes additional resources for support and a cut-out card for survivor's who have aphasia.

#50-1764 (16 pages) \$20.00/pkg of 50

Order American Heart Association patient education at
www.krames4heart.com or call **800-617-8194** today .

Hope: The Stroke Recovery Guide



Each person's stroke and recovery is unique. Hope: The Stroke Recovery Guide provides survivors and caregivers the valuable information they need to navigate their challenges — whatever they are. This comprehensive guide includes four main focus areas: post-stroke issues with suggestions on how to overcome them; tips for how to be an active participant in one's own recovery; lifesaving information to prevent another stroke; and illustrated exercise programs to help survivors regain strength and range of motion.

#50-1757 (72 pages) \$6.65/ea

Living With Atrial Fibrillation



Bronze Award
National Health Information Awards

Discusses atrial fibrillation as a major risk factor for stroke and provides up-to-date information on a variety of medications and treatments that are available.

#50-1654 (16 pages) \$10.45/pkg of 25

Overcoming Physical Limitations After Stroke



Help stroke survivors adapt to physical changes that often occur due to a stroke. This booklet is packed with tips and steps to make their homes safer, address personal care needs, handle mealtime challenges and more to help survivors recover as much of their independence as possible. The importance of stroke rehabilitation and continuing care is also promoted.

#50-1755 (16 pages) \$20.00/pkg of 50

Preventing Another Stroke



Help stroke survivors take action to lower their risk of having another one. This booklet shows patients how to identify risk factors and understand which can be treated or controlled. Actionable steps are provided to encourage people to focus on four main areas: Eating better, moving more, taking medicines as directed and quitting smoking.

#50-1751 (16 pages) \$20.00/pkg of 50

Sex After Stroke



This booklet is our guide to intimacy after stroke. Sexual issues can be the hardest for stroke survivors and their partners to discuss. This booklet gives facts about fears and concerns, timing for resuming sexual activity, special physical challenges, sexual positions, alternative ways to make love and more.

#50-1653 (16 pages) \$14.95/pkg of 25

Understanding Stroke



Use this concise overview to help people understand the types of stroke, identify stroke risk factors and learn which risk factors can be treated, modified or controlled and which can't. Key points are provided to help people recognize and respond immediately to symptoms of stroke.

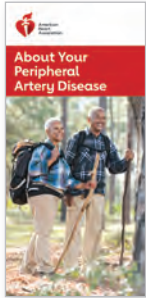
#50-1703 English (16 pages) \$13.50/ pkg of 50

ALSO AVAILABLE IN SPANISH! See page 16

Order American Heart Association patient education at
www.krames4heart.com or call **800-617-8194** today .

Heart Disease

About Your Peripheral Artery Disease



Patients with peripheral artery disease (PAD) have a higher risk for heart attack and stroke, so it's critical they understand the importance of early diagnosis, treatment and reducing their risks. This brochure explains PAD and helps patients understand what risk factors and symptoms to look for. Enhanced content also explains diagnosis and treatment options for PAD, including lifestyle changes, medications and procedures.

#50-1737 (12 pages) \$13.60/pkg of 50



After Your Heart Attack



People recovering from heart attack have countless questions. Use this brochure to provide answers about why heart attacks occur and what to expect during recovery. Also includes information about life after heart attack, reactions from family members, common emotions, depression and reducing risk factors to prevent recurrent events.

#50-1669 (20 pages) \$15.40/pkg of 50

If Your Child Has a Congenital Heart Defect



This comprehensive guide for parents and caregivers describes and illustrates common congenital heart defects. Topics include how heart defects are diagnosed and managing a child's special needs. It also helps explain the medical and surgical treatments a child may require.

#50-1683 (64 pages) \$14.95/pkg of 10



Innocent Heart Murmurs



Allay parents' fears about murmurs with this brief but informative brochure. It reassures parents that an innocent murmur is exactly that — an innocent, normal condition that doesn't indicate a disease, require medication or put any restrictions on a child's normal activities or development.

#50-1617 (6 pages) \$6.85/pkg of 50

Order American Heart Association patient education at www.krames4heart.com or call **800-617-8194** today .

Living With Heart Failure



Explains the causes and symptoms of heart failure, risk factors, types of heart failure and how heart failure is diagnosed. Also includes information on ejection fraction and treating and managing symptoms.

#50-1728 (28 pages) \$16.50/pkg of 25



Sex and Heart Disease



A cardiac event doesn't mean the end of intimacy. Give patients answers they are looking for about common concerns related to the effects of their heart condition or surgery on sexual activity. Content includes advice for addressing emotional challenges, as well as those related to new medications. It also provides specific information for those with angina, heart failure and congenital heart disease, and for those resuming sex after heart attack, heart surgery or ICD implantation.

#50-1760 (28 pages) \$21.00/pkg of 50

Your Child's Abnormal Heart Rhythm



This reassuring guide helps parents understand the most common heart rhythm problems in children and how they are diagnosed and treated. Topics include tachycardia, bradycardia, premature atrial contraction, premature ventricular contraction and others. Treatment options are presented in a clear way and a checklist is provided to help parents navigate common concerns.

#50-1629A (28 pages) \$12.10/pkg of 25



Order American Heart Association patient education at www.krames4heart.com or call **800-617-8194** today .

An Active Partnership



Improve outcomes with An Active Partnership, our comprehensive cardiac rehab workbook and DVD set

An Active Partnership for the Health of Your Heart

Silver Award, National Health Information Awards



The Active Partnership workbook and DVD set can enhance your cardiac rehab program or can be given to patients unable to attend a formal program. The program offers encouragement, knowledge and resources to help participants communicate with their health care team, manage medications and make lasting lifestyle changes. Topics include risk factor management, understanding CAD, communication skills, taking medication, diet, physical activity, weight loss, stress management, smoking cessation, and dealing with depression. Set includes 208-page workbook and 90-minute DVD.

#50-1708 Workbook Only | \$12.95 each

#50-1711 Workbook/DVD Set

1-19 copies.....	\$14.95 each
20-39 copies.....	\$12.71 each
40-99 copies.....	\$11.21 each
100-199 copies.....	\$ 9.72 each
200+	Call for details

#50-1710 DVD Only

1-19 copies.....	\$ 7.95 each
20-39 copies.....	\$ 6.76 each
40-99 copies.....	\$ 5.96 each
100-199 copies.....	\$ 5.17 each
200+	Call for details

"We use the set to educate our patients in the hospital, in cardiac rehab and in the community. Our patients and families love it and so does our staff."

**Kimberly S. Finney, RN, BSN, Cardiac Rehabilitation Specialist,
Maui Memorial Medical Center, Wailuku, HI**

"(Our patients) have found it informative without being too technical. It's been a valuable contribution to our program."

**Jan Bennett, RN, PeaceHealth Southwest Medical Center,
Vancouver, WA**

Risk Factors and Warning Signs



Are You At Risk of Heart Attack or Stroke?



A quick, convenient way to assess one's risk of heart attack or stroke. A series of questions about age and sex, family and medical history, smoking, cholesterol, blood pressure, obesity, diabetes and physical activity helps readers determine where to focus their efforts to reduce their risk. Describes risk factors and lists warning signs of heart attack and stroke.

#50-1643 (12 pages) \$8.35/pkg of 50

Controlling Your Risk Factors



Empower patients to reduce their risk of heart attack and stroke with this complete, easy-to-read resource that focuses on prevention. This booklet defines each of the risk factors leading to heart attack or stroke, with emphasis on those that can be controlled. American Heart Association recommendations in regards to blood pressure, tobacco use, cholesterol, physical activity, weight and diabetes are provided.

#50-1716 (32 pages) \$8.95/pkg of 25

ALSO AVAILABLE IN SPANISH! See page 16

Women, Heart Disease and



Raise awareness of heart disease and stroke in women and inspire them to take charge of their health. This brochure discusses risk factor management and warning signs, plus information on how heart health may be affected during pregnancy, childbirth and menopause. Women are urged to work with their health care team to build a personalized prevention plan. It also highlights ways women can be even more proactive about their health by joining the Go Red For Women movement.

#50-1749A (20 pages) \$15.95/pkg of 50

Heart Attack & Stroke: Every Second Counts Wallet Card



Because every second counts...our affordable wallet card is a fast, easy way to help people recognize the warning signs of a heart attack and stroke. It's ideal for distributing to patients, employees and people in any community setting. Compact size fits in purses and wallets.

#50-1723 \$6.99/pkg of 25

Strike Down the Statistics

It's key to raise awareness in ALL women that heart disease is their No. 1 killer, claiming 1 in 3 of their lives.

- Among females 20 years of age and older, 44.4% have some form of cardiovascular disease.
- Close to 43% of Hispanic women age 20 and older have cardiovascular disease.
- Almost 60% of black women have cardiovascular disease.
- More younger women than men are having heart attacks.
- Females represent just over 48% of deaths from cardiovascular disease and just over 57% for stroke.

• Nearly 52% of deaths from pressure occur in women.

• Around 45% of the estimated American adults with diabetes.

• Over 68% of women age 20 overweight or obese.

• Women may experience a 21% time in the hospital than men to the moment they begin CPR.

• Only 39% of women need lipitor in public compared to 38% of cardiovascular clinical participants are women.

Let's empower ALL women to take their well-being. Together, we will change staggering statistics and do inequities in women's health outcomes.

Take Charge of Your Health

Heart disease and stroke affect women at all ages. But most of the risk can be prevented through education and lifestyle changes such as moving more, eating healthy and managing blood pressure. So take charge of your health and encourage others to do the same.

The first step is to talk to your health care professional. Together, you can reduce, control or prevent risk factors for heart attack and stroke.

Order American Heart Association patient education at www.krames4heart.com or call 800-617-8194 today.

Treatments and Procedures

About Your Bypass Surgery



Merit Award
National Health Information Awards

Offers bypass patients information and reassurance, explaining in positive terms why surgery is performed and how it works. Takes a careful look at pre-op procedures, the healing process, home recovery and how exercise will help patients regain strength.

#50-1645 (28 pages) \$14.65/pkg of 50

Anticoagulants and Antiplatelet Agents



This brochure discusses the role of anticoagulant and antiplatelet agents in preventing blood clots. Included are explanations for how these medications work, what ongoing tests may be needed and what issues to look for. Patients are also advised when to inform others they are using this type of blood thinner, including other health care professionals. A “clip and save” medication tracker is included.

#50-1730 (16 pages) \$12.29/pkg of 50

Infective Endocarditis Wallet Card



Provide an ID card for patients who are at increased risk for developing adverse outcomes from infective endocarditis (IE). Patients can show the card to health care professionals before undergoing dental or surgical procedures to ensure that proper precautions are taken. Includes antibiotic dosage guidelines. Two-sided wallet card.

#50-1605A \$4.49/pkg of 100

Living With Your Pacemaker

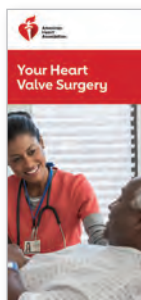


Explains how pacemakers work, problems to watch for, and how to ensure that they continue to work properly. Includes a pacemaker ID card for patients. It also offers tips to help patients adjust to life with a pacemaker.

#50-1660 (16 pages) \$11.30/pkg of 50



Your Heart Valve Surgery



Give patients this helpful overview of heart valve surgery so they can understand and discuss options with their health care provider. Explains how heart valves work, disorders, repairs (TAVR, Ross Procedure) and mechanical and biological replacement options. Also describes pre- and post-op procedures, in-hospital and at-home recovery, living with a new heart valve, and more.

#50-1704 (28 pages) \$18.95/pkg of 50

Order American Heart Association patient education at
www.krames4heart.com or call **800-617-8194** today .

Spanish Titles



Life's Essential 8™



Provide your patients and community members with this easy-to-follow guide to the eight essential steps everyone should take to achieve ideal cardiovascular health. Includes actionable advice they can use to start living their best life and direction to online resources to get their personal heart score and a custom plan.

#50-1698A (12 pages) \$13.95/pkg of 50

Diabetes, Heart Disease & Stroke



This helpful guide explains diabetes (what it is, how it is diagnosed, types). Practical advice is given for controlling this condition and reducing the risk of heart disease and stroke by making lifestyle changes. Content features two diabetes-friendly recipes to promote healthy eating.

#50-1763 (28 pages) \$14.35/pkg of 50

Easy Food Tips for Heart-Healthy Eating



This convenient, easy-to-understand booklet supports following a heart-healthy diet by helping readers make the best choices for everything from proteins and dairy to canned vegetables and healthy oils. Readers also learn the most important things to look for when reading Nutrition Facts labels.

#50-1762 (20 pages) \$15.45/pkg of 50

Understanding and Improving Your Cholesterol



This brochure helps patients understand how cholesterol affects the body and what they can do to improve their numbers and reduce their risk of heart disease and stroke. Content offers clear explanations of LDL, HDL and triglycerides. It also includes the latest information about how making lifestyle changes, improving diet and using medication if necessary can help.

#50-1746 (20 pages) \$15.40/pkg of 50

Understanding and Controlling Your High Blood Pressure



Realizing that one has high blood pressure (HBP) is a first step to keeping it in check. This useful brochure helps individuals understand their blood pressure numbers, learn how to manage their condition and adopt healthy lifestyle changes. It includes information on HBP medications and recommendations on sodium reduction. Information on home blood pressure monitoring is also included.

#50-1747 (20 pages) \$15.40/pkg of 50

Order American Heart Association patient education at www.krames4heart.com or call **800-617-8194** today .

Spanish Titles

Understanding Stroke



Use this concise overview to help people understand the types of stroke, identify stroke risk factors and learn which risk factors can be treated, modified or controlled and which can't. Key points are provided to help people recognize and respond immediately to symptoms of stroke.

#50-1754 (16 pages) \$13.50/pkg of 50

Controlling Your Risk Factors



Empower patients to reduce their risk of heart attack and stroke with this complete, easy-to-read resource that focuses on prevention. This booklet defines each of the risk factors leading to heart attack or stroke, with emphasis on those that can be controlled. American Heart Association recommendations in regards to high blood pressure, tobacco use, high cholesterol, physical inactivity, overweight and obesity and diabetes are provided.

#50-1743 (32 pages) \$8.95/pkg of 25

Heart Attack Warning Signs 2-sided card (Bilingual)



When it comes to having a heart attack, minutes matter in getting care. Make sure your patients and community members “don’t die of doubt” by providing an easy reference guide for recognizing heart attack warning signs and when to call 911. This 2-sided sheet provides information in English and Spanish and includes details on how the most common warning signs differ in women and men.

#50-1756 \$3.95/pkg of 25

Stroke Warning Signs 2-sided card (Bilingual)



Stroke is the No. 5 cause of death among people in the U.S. and a leading cause of serious, long-term disability. Recognizing stroke warning signs can save a life yet many people don't know what they are. This 2-sided card provides an easy reference guide in English and Spanish for how to spot a stroke F.A.S.T. and what to do if symptoms occur (Face drooping, Arm weakness, Speech difficulty, Time to call 911).

#50-1753 \$3.95/pkg of 25

Spot a Stroke F A S T .Poster (Bilingual)



This affordable poster provides basic information in English and Spanish about stroke warning signs and what to do if any of them occur. The poster introduces F.A.S.T. (Face drooping, Arm weakness, Speech difficulty, Time to call 911) as an easy way to identify symptoms and take fast action. It's ideal for waiting rooms, exam rooms, break rooms and anywhere else this vital lifesaving information should be available.

#50-1724 \$5.35/pkg of 3



Order American Heart Association patient education at www.krames4heart.com or call **800-617-8194** today .



Customization options

Incorporate your sponsor's logo and statement of relationship into materials that can be used in conjunction with local events and community program activities.

For more information about print customization, digital licensing and price quotes, please e-mail: etobler@krames.com.

Customization is a great way to:

Acknowledge a sponsor's support

For heart- or risk-related information, call 1-800-AHAUSA1 (1-800-242-8721) or contact your nearest clinic. You also can get more information online at americanheart.org.

For stroke information, call our American Stroke Association at 1-888-4-STROKE (1-888-476-7823), or visit StrokeAssociation.org. For information on life after stroke, call and ask for the Stroke Family Support Network.

LOGO/ STATEMENT OF RELATIONSHIP

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The statistics in this brochure were up to date at publication. For the latest statistics, see the Heart Disease and Stroke Statistics Report: A Special Report of the American Heart Association.

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 National Center
 7272 Greenville Avenue, Dallas, Texas 75225-4888
 462000 - Last call: 2007

Educate participants at your next heart walk

Walking for a Healthy Heart

For heart- or risk-related information, call the American Heart Association at 1-800-AHAUSA1 (1-800-242-8721) or visit heart.org.

For stroke information, call our American Stroke Association at 1-888-4-STROKE (1-888-476-7823) or visit stroke.org. For information on life after stroke, call and ask for the Stroke Family Support Network.

The statistics in this brochure were up to date at publication. For the latest statistics, see the Heart Disease and Stroke Statistics Update at heart.org/statistics.

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 www.krames.com/018

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Kick off a healthy eating challenge

Heart-Healthy Snacks

For heart- or risk-related information, call the American Heart Association at 1-800-AHAUSA1 (1-800-242-8721) or visit heart.org.

For stroke information, call our American Stroke Association at 1-888-4-STROKE (1-888-476-7823) or visit stroke.org. For information on life after stroke, call and ask for the Stroke Family Support Network.

The statistics in this brochure were up to date at publication. For the latest statistics, see the Heart Disease and Stroke Statistics Update at heart.org/statistics.

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Support important lifestyle changes

Quit Smoking For Good

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About the American Heart Association

Founded by six cardiologists in 1924, the AHA has grown into the nation's oldest and largest voluntary organization dedicated to fighting heart disease and stroke. A shared focus on cardiovascular health unites more than 35 million volunteers and supporters as well as more than 2,900 employees. **Our mission:** To be a relentless force for a world of longer, healthier lives. To learn more about the American Heart Association visit heart.org.

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