



American  
Heart  
Association.

ANSWERS  
by heart



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Call 1-800-AHA-USA1 (1-800-242-8721) or visit [heart.org](http://heart.org) to learn more about heart disease and stroke.

Sign up for our monthly e-news for heart patients and their families at [HeartInsight.org](http://HeartInsight.org).

Connect with others sharing similar journeys with heart disease and stroke by joining our Support Network at [heart.org/SupportNetwork](http://heart.org/SupportNetwork).

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

For example:

