THE heart TRUTH

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

National Institutes of Health

National Heart, Lung, and Blood Institute

The Office on Women's Health

The Heart Truth Professional Education Campaign: Computer-based Resources for Health Care Professionals

The Heart Truth Campaign of the National Heart, Lung, and Blood Institute

The Heart Truth Professional Education Campaign Website
http://www.womenshealth.gov/hearttruth
(Available in 2006)

Information on women and heart disease for medical professionals, developed from evidence-based guidelines on the prevention of cardiovascular disease in women endorsed by the American Heart Association and the National Heart, Lung, and Blood Institute. These include:

- Links to guidelines information and resources for clinical decision making, including those listed in this document
- Links to educational materials for patients
- Links to a web-based continuing medical education program accessible without charge on Medscape®

Resources for educators, including:

- Pre-prepared slides and educational presentations on women and heart disease, suitable for audiences of practicing physicians and other medical professionals
- Problem-based learning and standardized patient cases for use in training medical students, nurses, nurse practitioners, and physician assistants

The Heart Truth Campaign Consumer Website
http://www.hearttruth.gov

Information for patients, including a downloadable handbook about heart health, and other information about *The Heart Truth* and *The Red Dress* campaigns of the National Heart, Lung, and Blood Institute.

Internet Resources for the Prevention of Heart Disease in Women

Absolute CHD Risk Calculator:
http://www.nhlbi.nih.gov/guidelines/cholesterol

This tool, made available by NHLBI, allows the user to calculate Framingham risk scores based on individual patient data.

Clinical Guidelines on Obesity Treatment
http://www.nhlbi.nih.gov/guidelines/obesity/ob_home.htm

Comprehensive guidelines on the evaluation, diagnosis, and treatment of obesity. Downloadable in PDF format.

DASH Eating Plan for the Treatment of Hypertension
http://www.nhlbi.nih.gov/health/public/heart/hbp/dash

A downloadable PDF file of patient education materials about the DASH eating plan for the treatment of hypertension.

Diagnosis and Treatment of Diabetes
http://www.diabetes.org/home.jsp

The American Diabetes Association has guidelines on the evaluation, diagnosis, and treatment of diabetes. These are available for download in PDF format.

JNC 7 Report on Hypertension:
http://www.nhlbi.nih.gov/guidelines/hypertension

Comprehensive guidelines for the evaluation, diagnosis, and treatment of hypertension. Downloadable in PDF format.

**Management of Risks of Increasing
Omega-3 Fatty Acids in the Diet**
http://www.cfsan.fda.gov/~dms/admehg3.html

Information from the FDA about mercury levels in fish.

**Evidence-based Guidelines for Cardiovascular
Disease Prevention in Women**
http://circ.ahajournals.org/cgi/content/full/109/5/672

Smoking Cessation
http://www.surgeongeneral.gov/tobacco/treating_
tobacco_use.pdf

Clinical practice guidelines for the treatment of tobacco
dependence, downloadable in PDF format.

10-year CHD Risk Assessment Tool
http://hin.nhlbi.nih.gov/atpiii/riskcalc.htm

This downloadable Excel spreadsheet, developed by Boston
University, uses recent data from the Framingham Heart Study
to estimate 10-year risk for "hard" coronary heart disease
outcomes (myocardial infarction and coronary death) in
adults who do not have heart disease or diabetes.

**Third Report of the Expert Panel on Detection,
Evaluation, and Treatment of High Blood Cholesterol
in Adults (Adult Treatment Panel III)**
http://www.nhlbi.nih.gov/guidelines/cholesterol

The complete, comprehensive report on cholesterol
management, as well as a quick reference version and supporting
materials, all available for download in PDF format.

Tools for Personal Digital
Assistants (PDAs)

**ATPIII Cholesterol Management
Implementation Tool for Palm OS**
http://hin.nhlbi.nih.gov/atpiii/atp3palm.htm

**Body Mass Index Calculator for Palm OS
and Pocket PC 2003**
http://hin.nhlbi.nih.gov/bmi_palm.htm

**JNC 7 (Hypertension Management) Application
for Palm OS and Pocket PC 2003**
http://hin.nhlbi.nih.gov/jnc7/jnc7pda.htm

**"Act in Time to Heart Attack Signs"
Physician Quick Reference for Palm OS**
http://hin.nhlbi.nih.gov/haac_palm/haac_palm.htm