



Patient Support

Living with the threat of another heart attack may not be easy. Changing the way you or your loved one do things can be hard. But remember, you don't have to do it alone. Good information is available. The following websites offer information and other support for you and your loved ones.

Cardiovascular education:

American Heart Association

www.heart.org

National Institutes of Health

<https://www.nhlbi.nih.gov/health/health-topics/topics/heartattack/>

National Heart, Lung, and Blood Institute

<http://www.nhlbi.nih.gov/>

NIH National Institute on Aging

<https://www.nia.nih.gov/health>

Centers for Disease Control and Prevention

www.cdc.gov/heartdisease/

Million Hearts

<http://millionhearts.hhs.gov/learn-prevent/index.html>

Quit smoking support:

American Lung Association

www.lung.org/stop-smoking/

Centers for Disease Control and Prevention

https://www.cdc.gov/tobacco/quit_smoking/

Legal support:

Americans with Disabilities Act

www.ada.gov/

Disability Rights Legal Center

<http://drlcenter.org/>

LawHelp.org

www.lawhelp.org/

Caregiver support and guidance:

Caregiver Action Network

<http://caregiveraction.org>

Caring.com

<https://www.caring.com/caregiving-resources>

Caring Today

www.caringtoday.com

National Alliance for Caregiving

<http://www.caregiving.org>

Travel outreach:

Air Care Alliance

<http://aircarealliance.org>

Transportation Security Administration

www.tsa.gov/travel/passenger-support