



## ***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.4women.gov/hearttruth>

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.nhlbi.nih.gov/health/hearttruth/>

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](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: Update 2007**

<http://circ.ahajournals.org/cgi/content/full/115/11/1481>

**Smoking Cessation**

[http://www.surgeongeneral.gov/tobacco/treating\\_tobacco\\_use.pdf](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](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://hp2010.nhlbihin.net/haac\\_palm/haac\\_palm.htm](http://hp2010.nhlbihin.net/haac_palm/haac_palm.htm)