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American  
Heart  
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## HOW CAN I LEARN MORE?

- 1 Call [1-800-242-8721](tel:1-800-242-8721), or visit [heart.org](https://www.heart.org) to learn more about heart disease and stroke.
- 2 Sign up for our monthly *Heart Insight* e-news for heart patients and their families at [heart.org](https://www.heart.org).
- 3 Connect with others sharing similar journeys with heart disease and stroke by joining our Support Network at [heart.org](https://www.heart.org).

### Do you have questions for your doctor or nurse?

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

For example:

How can I help my loved one get back to as normal a life as possible?

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We have many other fact sheets to help you make healthier choices to reduce your risk for heart disease, manage your condition or care for a loved one. Visit [heart.org/AnswersByHeart](https://www.heart.org/AnswersByHeart) to learn more.