

# WOMEN'S HEALTH AWARENESS: TRANSFORMING COMMUNITIES BY ENHANCING WOMEN'S HEALTH



## Heart Health Resources

### Healthy Heart Resources

#### **National Level**

##### **National Institutes of Health**

[National Institute of Environmental Health Sciences: Women's Health](#)  
[National Heart, Lung, and Blood Institute: February is American Heart Month](#)

[National Heart, Lung, and Blood Institute: Heart and Vascular Diseases](#)

[National Heart, Lung, and Blood Institute: Living Well with Heart Disease](#)

[National Heart, Lung, and Blood Institute: Heart Healthy Cooking](#)

[National Center for Complementary and Integrative Health: Cardiovascular Disease](#)

##### **World Health Organization**

[Cardiovascular Diseases \(CVD's\)](#)

[Hypertension Key Facts](#)

##### **World Heart Federation**

[Fact Sheets, Infographics, Toolkits](#)

##### **American Heart Association**

[What is Cardiovascular Disease?](#)

[Heart Attack and Stroke Symptoms](#)

##### **Healthy People 2020**

[Heart Disease and Stroke Overview](#)

##### **World Hypertension League**

[Accurate Blood Pressure Monitoring](#)

#### **National Level**

##### **Centers for Disease Control and Prevention (CDC)**

[Heart Disease Home](#)

[Heart Disease in the United States](#)

[Heart attack symptoms, risk, and recovery](#)

[Other conditions related to heart disease](#)

[Heart disease featured articles](#)

[Know your risk for heart disease](#)

[Learn and Prevent](#)

[Prevent Heart Disease](#)

[Women and Heart Disease](#)

[Men and Heart Disease](#)

[What is Aortic Aneurysm?](#)

[What is Atrial Fibrillation?](#)

[Cardiomyopathy](#)

[Heart Disease and Mental Health Disorders](#)

[Facts About Heart Failure in the United States](#)

[What is Marfan Syndrome?](#)

[Risk Factors for Peripheral Arterial Disease \(PAD\)](#)

[What is Pulmonary Hypertension?](#)

[What is Valvular Heart Disease? Blood Pressure Control Overview](#)

[Health Conditions that Increase the Risk of Heart Disease](#)

[Heart Disease Health Statistics](#)

[What is coronary artery disease?](#)

[Cardiac Rehabilitation and Who Needs it?](#)

[How Cardiac Rehabilitation Can Help Heal Your Heart](#)

[Heart Disease Maps and Data Sources](#)

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## **Support & Community Groups**

[Heart, Blood & Circulation Groups](#)

[Community Groups](#)

## **Instant Heart Rate App**

Measure your heart rate instantly with your finger and phone camera.

## **State Level**

### **Johns Hopkins Medicine**

[5 Heart Numbers You Need to Know](#)

[Maintaining Heart Health](#)

[Know Your Heart Risks](#)

### **North Carolina Health Info**

[Heart Disease Homepage](#)

### **North Carolina Department of Health and Human Services**

[Office on Women's Health: Make the Call. Don't Miss a Beat](#)

[NC WISEWOMEN: What is Heart Disease?](#)

### **Carolina East Health System**

[Heart Disease: Controlling Your Risk](#)

[Raising Heart Healthy Kids](#)

[Diagnosing Heart Disease](#)

[Anatomy of the Heart](#)

[Heart Failure? There is Reason for Hope](#)

**WOMEN:** [What to Know About Cholesterol](#)

[The Emotional Side of Heart Health](#)

[The Road to Good Health After Heart Disease](#)

## **U.S. Food and Drug Administration**

For Women: [Tips to Prevent Heart Disease](#)

## **Local Level**

### **Durham County Department of Public Health**

[Health Promotion and Wellness](#)

### **Wake County Public Health**

[Medical Services and Health Information](#)

### **North Carolina Health Departments**

[Directory of Local Health Departments](#)

# WOMEN'S HEALTH AWARENESS: TRANSFORMING COMMUNITIES BY ENHANCING WOMEN'S HEALTH



[Heart Valve Disease: An Overview](#)

## Protecting Your Heart from Air Pollution

### **National Institute of Environmental Health Sciences**

[National Institute of Environmental Health Sciences: Air pollution and Your Health](#)

[National Institute of Environmental Health Sciences: Endocrine Disruptors](#)

[Air pollution and Your Heart Podcast](#)

### **American Heart Association**

[Air pollution and Heart Disease, Stroke](#)

[Air pollution means pregnant women can't breathe easy](#)

[Air pollution exposure in the womb linked to higher blood pressure in kids](#)

[Air pollution, traffic noise may raise heart failure risk in women](#)

[Air pollution may shorten life span for those with heart failure](#)

[Even low levels of air pollution can increase heart, lung risks in older adults](#)

[Air pollutants and high blood pressure](#)

[Regular exercise helps prevent high blood pressure, even in areas of high air pollution](#)

### **AirNow**

[Air Quality Index \(AQI\) Basics](#)

### **Environmental Protection Agency (EPA)**

[Air pollution and Cardiovascular Disease Basics](#)

[Steps You Can Take to Reduce Health Effects from Air Pollution](#)

[Linking Air Pollution and Heart Disease](#)

[Particle Pollution Health Course \(Healthcare professionals\)](#)

[Asthma and Outdoor Air Pollution](#)

[Particulate Matter Basics](#)

### **American Lung Association**

[10 Steps to Protect Yourself from Unhealthy Air](#)

[Clean Air at Home](#)

[Clean Air at Work](#)

[Clean Air Outdoors](#)

[What Makes Outdoor Air Unhealthy](#)

### **Protect Yourself from Wildfire Smoke**

[Wildfire Smoke Factsheet](#)

[Protecting Children from Wildfire Smoke and Ash](#)

[Protect Your Lungs from Wildfire Smoke Ash](#)

[Wildfires and Indoor Air Quality](#)

[Wildfire Smoke and Children's Health Podcast](#)

[Exposure to Wildfire Smoke](#)

[Burn Wise Program](#): Promotes the importance of burning wood, the right way, in the right appliance.

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## Healthy Gut and Nutrition Resources

### **National Human Genome Research Institute**

[Tools and Websites for Teaching the Microbiome](#)

**Microbiome Journal:** [Gut Microbiota and Cardiovascular Disease: Opportunities and Challenges](#)

### **National Institute of Environmental Health Sciences**

[Microbiome](#)

[The Microbiome Podcast](#)

[Eating a Healthy Diet to Protect Against Pollution](#)

[Healthy Eating Tips for Kids](#)

### **Centers for Disease Control and Prevention (CDC)**

[Nutrition Homepage](#)

[Healthy Weight, Nutrition and Physical Activity Homepage](#)

[Food Safety Homepage](#)

[Sodium and Food Sources Homepage](#)

[How to Reduce Sodium](#)

[Sodium and How Salt Affect Blood Pressure?](#)

[Prevent Heart Disease: Choose Healthy Habits](#)

[Benefits of Healthy Eating](#)

[Healthier options and physical activity at workplace meetings](#)

### **National Heart, Lung, and Blood Institute**

[Dash Eating Plan](#)

[Aim for a Healthy Weight Homepage](#)

[All Healthy Eating Recipes](#)

### **Gut Microbiota for Health**

[Food for Gut Health](#)

[Gut microbiota Info](#)

[Diet and Gut microbiota](#)

### **Johns Hopkins Medicine**

[5 Ways to Support Gut Health](#)

[Food and Nutrition](#)

[Low Sodium Recipes](#)

### **Everyday Health**

[11 Tips for Better Digestive Health](#)

[9 Signs of an Unhealthy Gut and What You Can Do About It](#)

[Seriously Bloating: Warning Signs You Shouldn't Ignore](#)

### **Harvard School of Public Health**

[The Nutrition Source: The Microbiome](#)

### **World Health Organization**

[Salt Reduction](#)

### **American Heart Association**

[Healthy Living](#) and [Cookbook Access](#)

[Dietary Fats](#)

### **Medline Plus**

[Nutrition Homepage](#)

[Nutrition at College](#)

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<p><b><u>Mayo Clinic</u></b>  <a href="#">Nutrition and Healthy Eating</a>  <a href="#">What is a Sodium Blood Test?</a>  <a href="#">Difference between sea salt and table salt</a>  <a href="#">Low Sodium Recipes</a></p> <p><b><u>U.S. Food and Drug Administration</u></b>  <a href="#">Eating Too Much Salt? Ways to Cut Back Gradually</a></p> <p><b><u>U.S. Environmental Protection Agency</u></b>  <a href="#">FDA Advice about eating Fish and Shellfish</a></p>	<p><a href="#">Salt and Your Diet</a></p> <p><b><u>U.S. Department of Agriculture</u></b>  <a href="#">Diet and Health</a>  <a href="#">Dietary Guidelines for Americans</a>  <a href="#">My Plate</a>  <a href="#">My Plate Healthy Eating Print Materials</a>  <a href="#">My Plate Infographics</a>  <a href="#">My Plate Video and App</a>  <a href="#">My Plate Recipes</a>  <a href="#">My Plate Seasonal Recipes</a>  <a href="#">Healthy Eating on a Budget</a>  <a href="#">My Plate Quiz</a></p>
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<p><b><u>Triangle Cardiologists and Offices</u></b></p>	
<p><b><u>Durham, North Carolina Cardiology</u></b></p> <p><b><u>Duke</u></b>  <i>Duke Triangle Heart Associates</i>          1821 Hillandale Rd Suite 25C          Durham, North Carolina 27705          (919) 220-5510</p> <p><i>Duke Cardiology at Southpoint</i>          6301 Herdon Rd          Durham, North Carolina 27713</p>	<p><b><u>Raleigh, North Carolina</u></b></p> <p><b><u>WakeMed</u></b>  <i>WakeMed Heart and Vascular – Cardiology</i>          Park Place Professional Centre          3324 Six Forks Rd,          Raleigh, North Carolina 27609          919-781-7772</p> <p><i>WakeMed Heart and Vascular – Cardiology</i>          3000 New Bern Ave G100</p>

# WOMEN'S HEALTH AWARENESS: TRANSFORMING COMMUNITIES BY ENHANCING WOMEN'S HEALTH



(919) 681-5816

***Duke Cardiology South Durham***

234 Crooked Creek Pkwy Suite 540

Durham, North Carolina 27713

Appointments: (919) 823-5364

***Duke Cardiometabolic Prevention South Durham***

234 Crooked Creek Pkwy Suite 540

Durham, North Carolina 27713

919-681-5816

***Duke University Pediatric Cardiology***

2301 Erwin Rd

Durham, North Carolina 27707

919-681-2916

***Duke Children's Health Center Cardiology Clinic***

2301 Erwin Rd

Durham, North Carolina 27710

919-668-4000

919-681-2916

***Duke Children's Health Center ECHO Clinic***

2301 Erwin Rd

Durham, North Carolina 27710

919-668-4000

***Duke Cardiology Consult Clinic***

Duke University Hospital

Durham, North Carolina 27710

Raleigh, North Carolina 27610

919-231-6132

***WakeMed Heart and Vascular – Cardiology***

3000 New Bern Ave #1200

Raleigh, North Carolina 27610

919-232-5202

***WakeMed Heart and Vascular – Cardiology***

WakeMed North Hospital

10010 Falls of Neuse Rd #307

Raleigh, North Carolina 27614

919-847-3164

***WakeMed Heart and Vascular – Cardiology***

Park Place Professional Centre

3324 Six Forks Rd,

Raleigh, North Carolina 27609

919-781-7772

***WakeMed Heart and Vascular – Cardiology***

WakeMed Brier Creek Healthplex

8001 TW Alexander #204

Raleigh, North Carolina 27617

919-350-9640

***WakeMed Heart and Vascular – Cardiology***

Waverly Plaza

210 Ashville Ave,

Cary, North Carolina 27518

# WOMEN'S HEALTH AWARENESS: TRANSFORMING COMMUNITIES BY ENHANCING WOMEN'S HEALTH



(919) 681-1300

### ***Duke Electrophysiology Clinic***

Duke University Hospital  
Durham, North Carolina 27710  
919-681-5816

Appointments: (919) 823-5364

### ***Duke Cardiothoracic Surgery Clinic***

Duke University Hospital  
Durham, North Carolina 27710  
919-681-1400

### ***Duke Cardiovascular Magnetic Resonance (MRI) Center***

Duke Medicine Pavilion  
10 Duke Medicine Cir  
Durham, North Carolina 27710  
919-668-6960

### **UNC Chapel Hill**

#### ***UNC Division of Vascular Surgery***

University of North Carolina at Chapel Hill  
Burnett-Womack Bldg., 160 Dental Cir  
Chapel Hill, North Carolina 27514  
919-966-3391

#### ***UNC Hospitals***

101 Manning Dr,  
Chapel Hill, North Carolina 27514  
984-974-1000

919-350-2580

### ***WakeMed Heart and Vascular – Cardiology***

WakeMed Health & Hospitals  
400 U.S. HWY 70 East Suite 200  
Garner, North Carolina 27529  
919-662-5001

### ***Duke Cardiology of Raleigh***

Duke Raleigh Hospital  
3320 Wake Forest Rd. STE 200  
Raleigh, North Carolina 27609  
919-862-5100

### ***Capital Heart Associates, P.A.***

4201 Lake Boone Trail STE 104  
Raleigh, North Carolina 27607  
919-881-0160

### ***Carolina Cardiology Consultants***

8300 Health Park #327  
Raleigh, North Carolina 27615  
919-861-5950

### ***REX Cardiothoracic Specialists***

UNC REX hospital  
2800 Blue Ridge Rd  
Raleigh, North Carolina 27607  
919-784-7110

### ***North Carolina Heart and Vascular (Brier Creek)***

# WOMEN'S HEALTH AWARENESS: TRANSFORMING COMMUNITIES BY ENHANCING WOMEN'S HEALTH



***UNC Heart Center at Meadowmont***

300 Meadowmont Village Cir Suite 104  
Chapel Hill, North Carolina 27517  
984-974-7244

***The UNC Family Medicine Center at Chapel Hill***

UNC hospitals  
590 Manning Dr,  
Chapel Hill, North Carolina 27514  
984-974-0210

10208 Cerny St #106 b

Raleigh, North Carolina 27617  
984-215-4540

**UNC Children's Cardiology at Raleigh**

2801 Blue Ridge Road Ground Floor  
Raleigh, North Carolina 27607  
984-974-0500

**Triangle Cardiology/Internal Medicine**

23 Sunnybrook Rd.  
Raleigh, North Carolina 27610

**North Raleigh Cardiovascular Diseases**

4414 Lake Boone Trail  
Raleigh, North Carolina 27607  
919-790-0130

**UNC REX Valve Center**

2800 Blue Ridge Road REX Medical Office Building  
Raleigh, North Carolina 27607  
919-784-1321

**Carolina Heart Center**

3406 Six Forks Rd  
Raleigh, North Carolina 27609  
919-881-7770

**Duke Health Heritage Cardiology**

3000 Rogers Rd.  
Wake Forest Rd. Suite 320



WOMEN'S HEALTH AWARENESS:  
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Wake Forest, North Carolina 27587

919-371-5938

**Duke Cardiology of Morrisville**

10950 Chapel Hill Rd

Morrisville, North Carolina 27560

919-862-5100

# WOMEN'S HEALTH AWARENESS: TRANSFORMING COMMUNITIES BY ENHANCING WOMEN'S HEALTH



## **Smoking Cessation for Tobacco Users**

- ◆ [National Institute of Environmental Health Sciences: Smoking and Vaping](#)
- ◆ [National Institute of Environmental Health Sciences: Join an NIEHS Study E-Cigs and Smoking](#)
- ◆ [Smokefree.gov](#): This site provides support, tips, tools, and expert advice to help you or someone you love quit smoking.
- ◆ [Smokefree Text Messaging Programs](#)
- ◆ [Build My Quit Plan](#): Build a quit plan to get ready to quit and find out what to expect along the way. Complete 7 easy steps to get your personalized quit plan.
- ◆ [Smokefree Apps](#): Get 24/7 support with a Smokerfree app for your smartphone. These free apps offer help just for you based on your smoking patterns, moods, motivation to quit, and quitting goals.
- ◆ 1-800-QUIT-NOW (784-8669): Call for support in quitting, including free quit coaching, a free quit plan, free educational materials, and referrals to local resources.
- ◆ 1-855-DÉJELO-YA (1-855-335-3569): Call for Spanish language support in quitting, including free quit coaching, a free plan, free educational materials, and referrals to local resources.
- ◆ Asian Smokers' Quitline: Call for support in quitting. Services are available in four languages:
  - Chinese (Cantonese and Mandarin): 1-800-838-8917
  - Korean: 1-800-556-5564
  - Vietnamese: 1-800-778-8440

## **Trainings, Webinars, Webcasts, and Volunteer Opportunities**

- ◆ [Heart Health Now: Practice Portal](#)
- ◆ [American Association of Cardiovascular and Pulmonary Rehabilitation: Webcasts and Registration](#)
- ◆ [World Heart Federation: Videos, Webinars and Presentations](#)
- ◆ [World Hypertension League: Virtual Course on Blood Pressure Measurement](#)

# WOMEN'S HEALTH AWARENESS: TRANSFORMING COMMUNITIES BY ENHANCING WOMEN'S HEALTH



- ◆ [World Hypertension League: A Train the Trainer Module for Developing Blood Pressure Screening Programs 2014](#)
- ◆ [RedCross CPR classes \(Durham\)](#)