

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



Heart Health Resources

National and State Level Educational Resources

National Level

National Institutes of Health

- ◆ [National Institute of Environmental Health Sciences: Air pollution and Your Heart](#)
- ◆ [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 Center for Complementary and Integrative Health: Cardiovascular Disease](#)

World Health Organization

- ◆ [Cardiovascular Diseases \(CVD's\)](#)
- ◆ [Hypertension Key Facts](#)
- ◆ [Salt Reduction](#)

World Heart Federation

- ◆ [Fact Sheets, Infographics, Toolkits](#)

Centers for Disease Control and Prevention (CDC)

- ◆ [Heart Disease in the United States](#)
- ◆ [Women and Heart Disease](#)
- ◆ [Men and Heart Disease](#)
- ◆ [What is Aortic Aneurysm?](#)

State Level

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](#)
- ◆ [Heart Valve Disease: An Overview](#)

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- ◆ [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?](#)
- ◆ [Sodium and How Salt Affect Blood Pressure?](#)
- ◆ [What is Valvular Heart Disease? Blood Pressure Control Overview](#)
- ◆ [Learn and Prevent](#)
- ◆ [Prevent Heart Disease](#)
- ◆ [Health Conditions that Increase the Risk of Heart Disease](#)
- ◆ [Heart Disease Health Statistics](#)

Centers for Disease Control and Prevention (CDC): Rehabilitation

- ◆ [Cardiac Rehabilitation and Who Needs it?](#)
- ◆ [How Cardiac Rehabilitation Can Help Heal Your Heart](#)

American Heart Association

- ◆ [What is Cardiovascular Disease?](#)
- ◆ [Heart Attack and Stroke Symptoms](#)
- ◆ [Healthy Living](#) and [Cookbook Access](#)

Healthy People 2020

- ◆ [Heart Disease and Stroke Overview](#)

World Hypertension League

- ◆ [Accurate Blood Pressure Monitoring](#)

WOMEN'S HEALTH AWARENESS:
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Triangle Cardiologists and Offices

Durham, North Carolina

Duke

Duke Triangle Heart Associates

1821 Hillandale Rd Suite 25C
Durham, North Carolina 27705
(919) 220-5510

Duke Cardiology at Southpoint

6301 Herdon Rd
Durham, North Carolina 27713
(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

Raleigh, North Carolina

WakeMed

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

3000 New Bern Ave G100
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

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



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

(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

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

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

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



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

Community Health Coalition

Heart Health Awareness for Heart Disease Prevention
308 Crutchfield Street
Durham, North Carolina 27704
919-470-8680

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

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

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)

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

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

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
Wake Forest, North Carolina 27587
919-371-5938

Duke Cardiology of Morrisville

10950 Chapel Hill Rd
Morrisville, North Carolina 27560
919-862-5100

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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 Smokefree 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](#)

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

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