

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



Women's Heart Health Resources

Signs, Symptoms and Prevention of Heart Disease in Women

National Level

National Institutes of Health

[National Institutes of Health: Heart Disease and Stroke](#)
[National Institutes of Health: Healthy Body, Happy Heart](#)
[National Center for Complementary and Integrative Health: Cardiovascular Disease](#)
[National Heart, Lung, and Blood Institute: Coronary Heart Disease](#)
[National Heart, Lung and Blood Institute: Heart Attack](#)
[National Heart, Lung, and Blood Institute: Listen to Your Heart: Women and Heart Disease](#)
[National Heart, Lung, and Blood Institute: The Heart Truth](#)
[National Heart, Lung, and Blood Institute: Your Guide to a Healthy Heart](#)
[National Heart, Lung, and Blood Institute: Heart-Healthy Living](#)
[National Heart, Lung, and Blood Institute: Heart Healthy Cooking](#)

U.S. Department of Health and Human Services

[Office on Women's Health: Make the Call. Don't Miss a Beat](#)
[Office on Women's Health: Heart Disease](#)
[Office on Women's Health: Heart Disease and Stroke](#)
[Office on Women's Health: Heart Disease Risk Factors You Can't Control](#)

World Health Organization

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

About Heart Disease

[Heart attack symptoms, risk, and recovery](#)
[Other conditions related to heart disease](#)
[Know your risk for heart disease](#)
[Learn and Prevent](#)
[Prevent Heart Disease](#)
[Women and Heart Disease](#)
[Health Conditions that Increase the Risk of Heart Disease](#)

Mayo Clinic

[Heart Disease Overview](#)
[Women and Heart Disease: Recognize the Signs Infographic](#)
[Heart Disease in Women: Understand Symptoms and Risk Factors](#)
[Heart-Healthy Diet: 8 Steps to Prevent Heart Disease](#)

Heart.org

[Heart attack symptoms in Women](#)
[Heart attack, Stroke, and Cardiac Arrest Symptoms](#)
[Lifestyle Changes for Heart Attack Prevention](#)
[Heart-Health Screenings](#)

State Level

Johns Hopkins Medicine

[5 Heart Numbers You Need to Know](#)
[Know Your Heart Risks](#)
[For women: Take This Risk to Heart](#)
[A Women's Guide to Beating Heart Disease](#)
[Making Your Lifestyle Heart-Healthy](#)

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<p><u>MedlinePlus</u> How to Prevent Heart Disease Healthy Recipes Cholesterol Levels Heart Health Tests</p> <p><u>Cleveland Clinic</u> Women and cardiovascular disease</p> <p><u>World Heart Federation</u> Fact Sheets, Infographics, Toolkits</p> <p><u>American Heart Association</u> What is Cardiovascular Disease? Heart Attack and Stroke Symptoms Watch, Learn and Live Animation: Heart Attack</p> <p><u>Healthy People 2020</u> Heart Disease and Stroke Overview</p> <p><u>U.S. Food and Drug Administration</u> For Women: Tips to Prevent Heart Disease</p> <p><u>U.S. Preventive Services Task Force</u> Vitamin, Mineral and Multivitamin Supplements for the Primary Prevention of Cardiovascular Disease and Cancer</p>	<p><u>North Carolina Health Info</u> Heart Disease Homepage</p> <p><u>NC Department of Health and Human Services</u> NC WISEWOMEN: What is Heart Disease? Million Hearts: Prevention</p> <p><u>Carolina East Health System</u> Anatomy of the Heart Heart Failure? There is Reason for Hope Heart Valve Disease: An Overview</p> <p><u>HeartBright Foundation</u> Heart Attack Videos</p> <p><u>Local Level</u></p> <p><u>Wake County Public Health</u> Medical Services and Health Information</p> <p><u>North Carolina Health Departments</u> Directory of Local Health Departments</p>
<p>Living & Managing Heart Disease and Hypertension</p>	
<p><u>National Institutes of Health</u></p> <p>National Heart, Lung, and Blood Institute: Living Well with Heart Disease</p>	<p><u>Centers for Disease Control and Prevention (CDC)</u></p> <p>How Cardiac Rehabilitation Can Help Heal Your Heart Blood Pressure Control Overview</p>

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American Heart Association (heart.org)

[Lifestyle Changes for Heart Failure](#)

[What is Heart Failure](#)

[My Heart Failure Guide: Free Workbook](#)

[Symptom Tracker](#)

[Answers by Heart Fact Sheets: Cardiovascular Conditions](#)

[Living with Heart Failure and Managing Advanced HF](#)

[Devices and Surgical Procedure to Treat Heart Failure](#)

[How can I Live with Heart Failure?](#)

[Watch, Learn, and Live: Heart Failure Animation](#)

[GO RED: Living with Heart Disease You're Not Alone](#)

Carolina East Health System

[Heart Disease: Controlling Your Risk](#)

[Diagnosing Heart Disease](#)

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

[The Emotional Side of Heart Health](#)

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

World Health Organization

[Hypertension Key Facts](#)

[Hypertension Overview](#)

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

[Managing Heart Disease](#)

WebMD

[Living and Managing Heart Disease](#)

[Living and Managing High Blood Pressure](#)

[High Blood Pressure and Hypertensive Heart Disease](#)

[World Hypertension League](#)

[Accurate Blood Pressure Monitoring](#)

Cleveland Clinic

[Hypertensive Heart Disease](#)

Healthline

[Hypertensive Heart Disease](#)

State Level

Johns Hopkins Medicine

[Maintaining Heart Health](#)

[Johns Hopkins HealthCare: Managing Heart Disease](#)

[Heart Attacks and Women](#)

Instant Heart Rate App

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

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Cardiovascular Health & Advocacy

National Level

National Institute of Environmental Health Sciences

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

U.S. Department of Health and Human Services

[National Women's Blood Pressure Awareness Week](#)

Centers for Disease Control and Prevention (CDC)

[Heart Disease Health Statistics](#)
[Heart Disease Maps and Data Sources](#)

American Heart Association (Heart.org)

[Survival Story Opportunity](#)
[Volunteer Opportunities](#)
[Support Network: Support that lifts you up](#)
[Support Network: Forums](#)
[Heart Failure Personal Stories](#)

State Level

American College of Cardiology

[Advocacy](#)
[Online Courses](#)

Carolina East Health System

[Raising Heart Healthy Kids](#)

HeartBright Foundation

[Success Stories](#)
[Educational Events](#)

Local Level

Durham County Department of Public Health

[Health Promotion and Wellness](#)

Support & Community Groups

[Heart, Blood & Circulation Groups](#)
[Community Groups](#)

RedCross

[RedCross CPR classes \(Durham\)](#)

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Triangle Cardiologists and Offices

Durham, North Carolina Cardiology

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:
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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

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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

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

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

North Raleigh Cardiovascular Diseases

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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