Keeping it Simple: Reducing Stroke & Cardiovascular Risk with Life’s Simple 7

September 30, 2013

Websites:

About Heart Disease & Stroke: Risk Factors
American Heart Association / Centers for Disease Control and Prevention, [2013]
http://1.usa.gov/zO2da4

Brain Basics: Preventing Stroke
National Institute of Neurological Disorders and Stroke, 2013

Don’t Wait for It to Happen to You: Reducing Your Risk of Stroke
American College of Physicians / American Stroke Association, [2013]
http://bit.ly/1bmutAK

Simple Score May Predict Heart Attack, Stroke Risks
HealthDay News, 2013
http://bit.ly/16Q3ntq

Stroke Risk Factors and Prevention
A.D.A.M., 2011

Stroke Risk Factors and Symptoms
National Institute of Neurological Disorders and Stroke, 2009
http://bit.ly/19QDc8T
Books:

*Life after Stroke: the guide to recovering your health and preventing another stroke.*
*Dana Consumer Health Collection*  
CHC WL 355 S819L 2006

*A Smart Woman’s Guide to a Healthy Heart—and the hearts of the men they love.*  
Lorna Vanderhaeghe with Michelle Hancock. Markham, Ontario: Fitzhenry & Whiteside, 2010.  
*Dana Consumer Health Collection*  
CHC WG 210 V233s 2010

Want to borrow a book?

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To inquire about a Consumer Health Borrowers’ Card, please call the  
Dana Medical Library  
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