The HeartCare Channel was developed in collaboration between the American Heart Association/American Stroke Association and The Wellness Network to improve health through education.

**Blood Pressure**

**Control Hypertension**
Learn about some simple steps to controlling hypertension.

**Controlling High Blood Pressure**
About 78 million people in the United States have high blood pressure. When blood pressure is too high, the heart has to pump harder which, over time, causes problems. The program discusses how high blood pressure is detected, the damage it can cause and how to keep it under control. In addition, we will explore risk factors, treatment and tips for lowering blood pressure.

**High Blood Pressure Prevention & Management**
In this video, Dr. Donna Arnett, Past-President, American Heart Association, explains what high blood pressure (hypertension) is, how to prevent it from occurring, and how to manage the condition if you do already have it.

**Lower Blood Pressure: Overview of Check. Change. Control.**
Managing high blood pressure is critical to preventing heart disease and stroke.

**Manage High Blood Pressure with Heart360**
Heart360 is a tool created by the American Heart Association/American Stroke Association to help people learn how to manage high blood pressure. Learn about this program and how it can help you monitor and manage your blood pressure.

**Stress and Blood Pressure**
Learn how stress and high blood pressure are related.

**What do Blood Pressure Numbers Mean?**
Dr. Donna Arnett, Past-President, American Heart Association defines what systolic and diastolic blood pressure numbers mean, and what an optimal blood pressure reading is. Dr. Arnett also shares a web-based tool, available at http://www.Heart360.org, that can help you track your blood pressure numbers, which in turn helps you manage your blood pressure with the help of your doctor.

**Care at Home**

**Your Care at Home: After a Heart Attack**
If you've had a heart attack, you need to take special care of your body and mind. Know what to expect when you return home, including what activities are OK to do; how to deal with depression; how to take care of your heart with food, exercise, and medicine; and when to call the doctor.

**Care at Home: After Cardiac Catheterization**
Instructions for caring for yourself at home after undergoing a cardiac catheterization (or heart cath) procedure. Includes activity guidelines, warning signs to watch for, and more.

**Care at Home: After Surgery**
If you've had surgery, you'll need to take special care of yourself once you leave the hospital and return home. This program provides vital information on incision care, medical follow up, activity restrictions, medication management, and other important post-op topics.

**Care at Home: Managing Heart Failure**
A diagnosis of heart failure or congestive heart failure (CHF) can be scary, but learning more about the disease really helps. This program explains how to care for yourself after discharge. Includes warning signs to watch for, information on daily weighing, and other tips for transitioning home.

**Cholesterol**

**Cholesterol - Alcohol & Folic Acid Benefits**
How alcohol and folic acid affect cholesterol levels.

**Improving Your Cholesterol**
Millions of Americans have cholesterol higher than the recommended range. Managing your cholesterol is critical to good health. Learn the difference between good and bad cholesterol, the role of triglycerides and how exercise and diet make a difference. This program also discusses the importance of screenings and using medication to help control your cholesterol.

**Emergency Response**

**Go Red for Women Presents: Just a Little Heart Attack**
Knowing the signs and symptoms of a heart attack, and how to respond when experiencing them, is crucial to accessing necessary care right away.

**Hands-Only CPR**
CPR is a life-saving skill everyone should know.
Emergency Response (continued)

Heart Conditions, Procedures and Medications
Understanding your condition along with procedures and best practices in medication management and safety is critical to your ability to take an active role in your treatment and recovery. In this episode, we will address common cardiovascular conditions, treatments and medication.

How Humidity Affects Your Heart
High humidity can do more than make you sweat. Weatherman Flip Spiceland shows you why a muggy day can be hard on your heart.

Using an Automated External Defibrillator (AED)
Knowing when and how to use an AED is a life-saving skill everyone should have.

Feelings & Support

Emotional Wellness
It is common for patients and caregivers to experience various emotions when faced with a health event. Whether experiencing anxiety, depression, stress, loneliness or a sense of being overwhelmed by all there is to learn and do, it is important to acknowledge and effectively address these feelings. This segment explores common feelings and offers suggestions for seeking positive support.

Healthy Lifestyle

Simple Steps for Healthy Living
Taking steps to lead a healthier life can feel daunting. The American Heart Association has broken it into seven simple steps you can take to start living your best life. From controlling cholesterol, smoking cessation and reducing blood sugar to managing blood pressure and eating better, the Life’s Simple 7® program explores simple steps for healthy living.

Heart Attack

Coronary Artery Disease - When are Heart Attacks Most Likely to Occur?
When are heart attacks most likely to occur?

Healthy Living After a Heart Attack
When you or a loved one has a heart attack, you probably have numerous questions about lifestyle changes and disease management. This segment provides a beginner’s guide to how to manage quality of life after heart attack. From tips on diet, exercise, taking medications and addressing emotional needs, to information about cardiac rehabilitation as an important aspect of your recovery, this segment helps to prepare you for life after heart attack.

Heart Attack Warning Signs
This video from the American Heart Association talks about the warning signs of a heart attack. It’s a must watch!

Heart Disease

Heart Disease: Women at Risk
Heart disease is the number one killer of American women. Get educated on the risks and symptoms of heart disease that are unique to women, the role of hormone replacement therapy, and ways to treat and manage cardiovascular disease.

Heart Failure: Beating the Odds
Hundreds of thousands of new cases of heart failure are diagnosed each year. In this program, patients will learn what heart failure is, how to recognize the symptoms and how to manage the disease. In addition, this segment will explore common tests for diagnosis and procedures for treatment of heart failure.

Heart Valve Disease Symptoms
Dr. Robert Bonow describes the symptoms that may alert you to heart valve disease.

Heart Valves are for Life: Patient Perspectives
Heart valve disease is diagnosed in over 5 million Americans each year. Two patients with heart valve disease share their experience from diagnosis through treatment.

Heart Valves’ Role in Healthy Circulation
The American Heart Association gives you a friendly and easy-to-understand tour of your heart valves and circulation. The first step in being a well-informed patient is understanding how your heart works.

Irregular Heartbeats: Restoring the Rhythm
Did you know that there might be a cure for your racing heart, pounding chest and fainting spells? Recent clinical studies and advances in medical technology have led to new treatments that can control or eliminate many abnormal heart rhythms. “Irregular Heartbeats: Restoring the Rhythm” discusses how to recognize arrhythmia and what to do if you have it.

Living with Heart Disease
In this program, patients will understand how to recognize heart disease risks and symptoms, medication options, cardiac rehabilitation and ongoing disease management.

The AFib Five: 5 Steps to Your Healthiest Life with AFib
An estimated 2.7 million Americans are living with Atrial Fibrillation, or AFib, and the rate is growing. Learn what your diagnosis means and how you can reduce your risks to live your healthiest life.

The AFib Five: John Criswell’s Story
John Criswell, media broadcaster, shares his experience of being diagnosed with atrial fibrillation and how he manages his disease to live the most active, healthy life.

The AFib Five: Maricela Wilson’s Story
AFib patient and stroke educator Maricela Wilson encourages you to motivate yourself to stay healthy and take care of your heart.
Heart Disease (continued)

Valve Regurgitation: When a Heart Valve Leaks
This American Heart Association video explains valve regurgitation, or a leaky heart valve. If you've been told you have a leaky valve, here's a simple explanation of what it means and why it matters to your heart health.

Medications

Antiarrhythmic Medications
Learn how to take antiarrhythmic medications safely.

Aspirin and Heart Disease
It's already known that aspirin itself can help prevent heart attacks. What makes it so beneficial?

Aspirin Effects During a Heart Attack
Why you should chew an aspirin if you think you are having a heart attack.

Clot-Dissolving Drugs
Test your knowledge. How soon after a stroke should clot-dissolving drugs be administered?

Foods that can Interfere with Medications
Some of the foods you eat may not mix well with the medicines you take. Before you cut into that grapefruit or take a bite of licorice, learn what you need to know about food and drug interactions.

How Medications Work: Beta Blocker
Beta blockers are prescribed for high blood pressure, heart failure, angina, and other heart conditions. Watch this video to find out how the drug works.

How Medications Work: Cholesterol Absorption Inhibitor
Cholesterol absorption inhibitors are drugs prescribed to lower blood cholesterol levels. Learn how they work.

How Medications Work: Diabetes Drugs that Get Insulin Up and Moving
Some type 2 diabetes medicines, both oral and injection, work by helping the insulin in your body to be more effective. Watch this video to learn how these drugs work.

How Medications Work: Fat-Regulating Agent
If your doctor has prescribed a fat-regulating agent for your health condition, watch this video to find out how the drug works.

How Medications Work: Resin
Bile acid binding resins are sometimes prescribed to control blood cholesterol levels. If your doctor has prescribed a resin drug for you, watch this video to find out how the drug works.

How Medications Work: Statin
Statins drugs are a first line treatment for heart disease. Find out how statins work in your body to lower cholesterol and protect your heart.

Nutrition

Low-Carb Diets: How Do They Work
Do low carbohydrate diets really work?

No Fat Veggies
Healthy and delicious ways to season and prepare vegetables.

Nutritional Needs: Prescription for Health
Eating right critically influences overall health and, now more than ever, its critical for you to understand how nutrition influences your health. This program provides tips for making better food choices, limiting portions and managing special dietary needs.

Salt Substitute
How to add flavor to your food without sodium.
Obesity/Weight Management

Tips for Effective Weight Loss
Nearly two-thirds of adult Americans are overweight or obese and the numbers are escalating. This program describes what obesity is and how to prevent and overcome it. This segment also offers tips for exercise, goal setting and tracking.

Patient Self-Advocacy

Patient Rights in the Hospital
It’s important to remember that as a hospital patient, you have rights.

Patient Safety and Advocacy
This program provides tips on how to be a valuable member of your healthcare team. It also explores some critical patient safety and advocacy areas including fall prevention, understanding discharge information, transitioning home and communicating with your healthcare team.

Speak Up: About Your Pain
Be an active member of your, or a loved ones, healthcare team. Learn to speak up about pain.

Speak Up: At Home
When receiving care at home, it is important to know who is there to help and what their role is.

Speak Up: At the Doctor’s Office
Be an active member of your, or a loved ones, healthcare team. Learn to speak up about your conditions and how you feel.

Speak Up: Prevent the Spread of Infection
Learn about your role in preventing the spread of infection when you become an active member of your, or a loved ones, healthcare team.

Speak Up: Reduce the Risk of Falling
1 out of 3 adults age 65 and older is injured from falls every year. Learn to reduce your risk of falling through simple steps.

Speak Up: Take Medications Safely
Mistakes happen every day, but you can take action to avoid them. Understanding your medications and how to manage them safely is a key part of recovery and disease management.

Physical Activity

Exercise - Discover the Importance of Warming Up Your Body Before Exercise
Though it takes time to warm up your body, it will help you operate at peak efficiency.

Exercise and Leg Circulation
Learn how exercise will improve your leg circulation.

Exercise and Nutrition - Find Out About the Best Exercise to Burn Calories
Find out about the best exercise to burn calories.

Physical Activity (continued)

Exercising for a Healthier You
Lack of physical activity is a major risk factor for many diseases including heart disease and stroke. This program gives you the latest on discovering exercise that works for you. You’ll learn the role physical activity plays in your recovery, how to keep exercising and recommendations for incorporating it into every day.

Sex and Your Heart
Heart disease doesn’t have to put a damper on your sex life. See how three heart patients were able to get back that loving feeling.

Readmission Reduction

Avoiding Hospital Readmissions: Heart Attack
Understanding discharge instructions and taking an active role in your care is key to your recovery at home and may help reduce the likelihood of returning to the hospital. Review the discharge checklist that explains what you need to know before you go home, and provides tips for getting back on track and improving recovery time after a heart attack.

Avoiding Hospital Readmissions: Heart Failure
No one wants to return to the hospital after discharge. This program reviews critical information on how to better understand discharge instructions and continue recovery at home. This program includes tips for assessing your diet, physical activity and managing medication.

Readmission Risk: Managing Blood Clots
Blood clots can cause serious complications or even death, so managing your risks, being aware of warning signs and knowing how to promptly respond to these warning signs is critical. This program will also teach you about effective management of blood thinners.

Readmission Risk: Understanding Blood Clots
Patients who require anticoagulation therapy, more commonly called blood thinners, have to be very careful when taking this medication. This program will teach patients which areas they need to monitor and how they can use this medication safely and effectively.

Smoking/Cessation

Quitting Tobacco
Quitting tobacco is hard. Check out these tips.

Stop Smoking Today
Smoking can damage heart and blood vessel function and is one of the top contributing factors to heart disease. “Stop Smoking Today” provides an understanding of how nicotine impacts the body, its role in disease and practical ways to quit smoking forever. Former smokers talk about the struggle to overcome their nicotine addiction, and what strategies work for them. Understand how nicotine impacts the body, the role of smoking in disease, and practical ways to kick the habit forever.
Stroke

Exercise and Stroke – Impact of Exercise on Stroke Prevention
Impact of exercise on stroke prevention.

Stroke Care: Every Minute Counts
In this program, we review the two major types of stroke and their effects on the body. We also explore who is at risk, how to recognize the warning signs and the importance of acting quickly. This episode also touches on stroke prevention.

Stroke: The Road to Recovery
In “Stroke: the Road to Recovery” we’ll explore life after stroke including various types of rehabilitation and long-term management. This program addresses common emotions stroke patient’s experience, why patients may have more intense emotions and ways to cope.