AHA Issues New Products

The following new products for the public and the healthcare professional are available through your local American Heart Association (AHA) chapter or by calling 1-800-AHAUSA1 and can be ordered from AHA’s distributors, Channing Bete Company (1-800-611-6083) and WorldPoint ECC (1-888-322-8350).

- **Your Guide to Lowering Your Cholesterol With TLC.** This new 80-page booklet is designed to help patients lower their cholesterol levels by making therapeutic lifestyle changes (TLC). The guide, developed by the National Heart, Lung, and Blood Institute in cooperation with the AHA, offers practical advice on adopting the 3 elements of TLC: a heart-healthy diet low in saturated fat, trans fat, and cholesterol; physical activity; and weight control. It includes helpful lists and charts, sample menus, a 10-year coronary heart disease risk calculator, and many tips for success. Product code 06-5235.

- **A Nation at Risk: Obesity in the United States—A Statistical Sourcebook.** Developed by the AHA in partnership with the Robert Wood Johnson Foundation, *A Nation at Risk: Obesity in the United States* is a statistical sourcebook for facts about obesity, including specific information on childhood obesity. Product code 55-0594.

- **Heart Disease and Stroke Statistics—2006 Update.** This document is the definitive source for the most recent statistics, tables, and graphs on heart disease and stroke. Product code 55-1026.

- **Know the Facts, Get the Stats 2006.** This is our quick guide to heart disease, stroke, and risk statistics. Product code 55-1030.

- **Heart Facts 2006: All Americans/African Americans.** This 2-sided sheet includes statistics on all Americans on one side and African Americans on the other side. Product code 55-1031.

- **Heart Facts 2006: Latino/Hispanic Americans.** This 2-sided sheet includes statistics on Latinos/Hispanic Americans. The information is provided in English on one side and in Spanish on the other. Product code 55-1032.

- **Stroke Facts 2006: All Americans.** This 2-sided sheet includes statistics on Americans and stroke. This document is printed in English on one side and in Spanish on the other. The Spanish side spotlights data relating to Hispanics. Product code 55-1033.
News From the American Heart Association

*Stroke*. 2006;37:B1

*Stroke* is published by the American Heart Association, 7272 Greenville Avenue, Dallas, TX 75231
Copyright © 2006 American Heart Association, Inc. All rights reserved.
Print ISSN: 0039-2499. Online ISSN: 1524-4628

The online version of this article, along with updated information and services, is located on the World Wide Web at:
http://stroke.ahajournals.org/content/37/7/B1.citation

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