

## **Cardiac Care**

Medical professionals and programs focused on care of the heart and heart problems including cardiologists and cardiac rehabilitation.

Article

### **Mindfulness training can boost heart-healthy eating**

Meditation and other mindfulness training could help people stick to a healthy eating plan.

Source

[National Institutes of Health](#)

Article

### **Heart Failure Caregiver Navigator: Mapping Your Caregiver Journey**

Caring for someone who has heart failure can be challenging. The Heart Failure Caregiver Navigator provides resources to help caregivers navigate this diagnosis.

Source

[Caregiver Action Network](#)

Article

### **Guidelines: Cholesterol should be on everyone's radar, beginning early in life**

Check out this article from the American Heart Association News on the new cholesterol guidelines.

Source

[American Heart Association News](#)

Links

## **Centers for Disease Control and Prevention (CDC): Heart Disease**

Source

[Centers for Disease Control and Prevention \(CDC\): Heart Disease](#)

Article

## **Heart Health and Aging**

Your heart is a strong muscle about the size of the palm of your hand. Learn about how your heart changes with age, signs of heart disease, and ways that you can keep your heart healthy.

Source

[National Institute on Aging](#)

Links

## **American Cancer Society: Target Heart Rate Calculator**

Source

[American Cancer Society: Target Heart Rate Calculator](#)

Links

## **National Institutes of Health: Smoking and Your Heart**

Source

[National Institutes of Health: Smoking and Your Heart](#)

Links

## **American Heart Association: Caregiver Support**

Source

[American Heart Association: Caregiver Support](#)

Links

## **Vascular Disease Foundation**

Source

[Vascular Disease Foundation](#)

Links

## **NIH: National Heart, Lung, and Blood Institute**

Source

[NIH: National Heart, Lung, and Blood Institute](#)

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