



Accurate Clinic

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Kenner, LA 70062 - 4799
Phone: 504.472.6130 Fax: 504.472.6128

www.AccurateClinic.com

Resources for Information on High Blood Pressure and Cholesterol

NHLBI Health Information Center

P.O. Box 30105 Bethesda, MD 20824-0105

Phone: 301-592-8573 TTY: 240-629-3255 Fax: 301-592-8563

Provides information on the prevention and treatment of heart disease and offers publications on heart health and heart disease.

NHLBI Heart Health

Information Line 1-800-575-WELL

Provides toll-free recorded messages.

Also, check out these online resources:

General Health Information

NHLBI

Web site: www.nhlbi.nih.gov

DHHS Web site: www.healthfinder.gov

Diseases and Conditions A-Z Index: www.nhlbi.nih.gov/health/dci/index/html

Your Guide To Better Health Series

Your Guide Homepage: <http://hp2010.nhlbihin.net/yourguide> featuring:

Your Guide to Lowering High Blood Pressure With DASH

Your Guide to Lowering Your Cholesterol With TLC

Your Guide to Physical Activity

Nutrition

Dietary Guidelines for Americans 2005 and A Healthier You:

www.healthierus.gov/dietaryguidelines/

How to Understand and Use the Nutrition Facts Label: www.cfsan.fda.gov/~dms/foodlab.html

MyPyramid and other nutrition information: www.mypyramid.gov and www.nutrition.gov

Physical Activity

The President's Council on Physical Fitness and Sports: www.fitness.gov

Exercise: A Guide from NIA:

<http://www.niapublications.org/exercisebook/exerciseguidecomplete.pdf>