

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](#)

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

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

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American Board Of Medical Specialties

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