



Help is as close as your computer. Online resources are there for you anytime you want.

You don't have to do it alone. Kaiser Permanente can help you keep your heart in good shape. In your *Kaiser Permanente Healthwise Handbook* you will find information on cholesterol, nutrition, blood pressure, physical activity, and more.

Your local Health Education Department has videos, DVDs, pamphlets, books, and information on classes.

Their programs can help you:

- stop smoking
- manage your diabetes or blood pressure
- eat low-fat and heart-healthy meals
- introduce more physical activity into your life
- manage stress
- and much more

Kaiser Permanente online resources

Help is as close by as your computer. Online resources are there for you anytime you want.

kp.org/heart

Look here for heart-related online resources and tools. Read about risk factors for heart disease, how to maintain a heart-healthy lifestyle, medications and other treatments, women and heart disease, and much more.

kp.org/healthyheart

This Kaiser Permanente Web site shares cardiovascular prevention and treatment information with the community to improve the heart health of all Californians.

kp.org/mydoctor

For members in Northern California, your physician's Home Page is your gateway to a wealth of resources. You can e-mail your doctor, find reliable health information on various health topics, watch videos, use interactive tools, and save time by making appointments, refilling prescriptions, and getting lab results online.

kp.org/healthyliving

Staying healthy is about making good choices. Our customized online programs are designed to help you live well and thrive. In collaboration with HealthMedia®, we offer free programs for Kaiser members. Get a personalized health risk assessment and the encouragement to make healthy changes when you join our Care for Your Health™ program.

kp.org/listen

Learn how to relax and manage stress by listening to guided imagery podcasts. Guided imagery engages your mind, body, and spirit in a gentle, but powerful way to:

- relax, calm, and improve your mood
- lower blood pressure, blood sugar, and cholesterol
- inspire and motivate
- lower anxiety and depression

kp.org/quitsmoking

Quitting smoking is one of the best things you can do for your health. If you're a smoker thinking about quitting and looking for support, this is a great place to get the help you need.

Books, Magazines, and Newsletters

Ask at your local library or bookstore about these books, magazines, and newsletters:

Books

- *Diet Simple: 192 Mental Tricks, Substitution Habits, and Inspirations.* Katherine Tallmadge, MA, RD. Lifeline Press, 2004.
- *Eat More, Weigh Less: Dr. Dean Ornish's Program for Losing Weight Safely While Eating Abundantly.* Dean Ornish, MD, and Shirley Brown (editor). Quill, 2002.
- *Eating for Life: Your Guide to Great Health, Fat Loss and Increased Energy!* Bill Phillips. High Point Media LLC, 2003.
- *Eating Well for Optimum Health: The Essential Guide to Bringing Health and Pleasure Back to Eating.* Andrew Weil, MD. HarperCollins Publishers, 2001.
- *Eight Weeks to Optimum Health, New Edition, Updated and Expanded: A Proven Program for Taking Full Advantage of Your Body's Natural Healing Power.* Andrew Weil, MD. Knopf Publishing Group, 2006.
- *Healthy Aging: A Lifelong Guide to Your Physical and Spiritual Well-Being.* Andrew Weil, MD. Knopf Publishing Group, 2006.

- *The Healthy Heart Miracle: Your Roadmap to Lifelong Health.* Gabe Mirkin and Diana Mirkin. Collins Publisher, 2003.
- *Healthy Heart Walking CD: Walking Workouts for a Lifetime of Fitness.* American Heart Association.
- *Mind Your Heart: A Mind/Body Approach to Stress Management, Exercise, and Nutrition for Heart Health.* Aggie Casey, Herbert Benson, Ann MacDonald. Free Press, 2004.

Cookbooks

- *American Heart Association Quick and Easy Cookbook.* American Heart Association. Clarkson Potter, 2001.
- *Everyday Cooking with Dr. Dean Ornish.* Dean Ornish, MD. Quill, 1997.
- *Low-Fat Soul.* Jonell Nash. Ballantine Books, 1997.
- *Madhur Jaffrey's Quick and Easy Indian Cooking.* Madhur Jaffrey. Chronicle Books, 1996.
- *Moosewood Restaurant Low-Fat Favorites.* Moosewood Collective. Clarkson Potter, 1996.
- *Quick and Healthy Recipes and Ideas.* Brenda J. Ponichtera, RD. Scaledown Publishers, 2004.
- *Red, White and Greens: The Italian Way with Vegetables.* Faith Willinger. HarperCollins, 1999.
- *The Ultimate Low-Fat Mexican Cookbook.* Anne Lindsay Greer. Gulf Publishing, 1999.

Magazines

- *CookingLight*
cookinglight.com
- *EatingWell: The Magazine of Food and Health*
eatingwell.com
- *Vegetarian Times*
vegetariantimes.com

Newsletters

- *University of California Berkeley Wellness Letter*
berkeleywellness.com
1-800-829-9170
- *Tufts University Health and Nutrition Letter*
healthletter.tufts.edu
1-800-274-7581,
- *Communicating Food for Health Newsletter*
www.foodandhealth.com
1- 800-462-2352

Other Web sites

- Visit our Web site at kp.org. Here you'll find the Health Encyclopedia, which offers more in-depth information on this and many other topics.
- American Diabetes Association
diabetes.org
- American Dietetic Association
eatright.org
- American Heart Association
americanheart.org
- National Institutes of Health
nih.gov
- Heart Info
heartinfo.org

This information is not intended to diagnose or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor.