



Help Your Heart
05.03.001

A table top teaching aid for health professionals to use with clients covering the risk factors that can be controlled.



A Day's Worth Of Fat

05.07.004

This heart-shaped bottle contains simulated blood and 100 grams of fat. This is approximately the amount of fat a person consumes in a day on a 2,200 calorie diet with 40% fat. The model can be used to demonstrate the dangers - including heart disease and cancer - associated with the high-fat diet. Includes a Health Edco booklet on 'Cholesterol'.



Blood Pressure Monitor

05.07.003

High blood pressure affects over 16 million people in the UK. Blood pressure is the pressure of blood in your arteries. The higher the blood pressure the greater the risk of heart problems and strokes. As there are usually no symptoms of high blood pressure, the only way to find out is to measure it. Note high blood pressure can be treated sometimes by changes in life style e.g. exercise and diet and sometimes by taking tablets proscribed by your doctor. This monitor will enable you to check your blood pressure easily



Clogged Artery

05.07.008

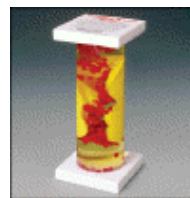
This unique model vividly demonstrates what happens inside a clogged artery. Made of BIOLIKE synthetic tissue, the inside passage of this artery is severely constricted by layers of plaque. 1 1/4" x 3". Includes two Health Edco booklets; Cholesterol and Heart Disease.



Death Of An Artery

05.07.002

This model demonstrates the way arteries can be clogged by deposits of fat. With five fixed cross-sections of arteries can clearly show the various stages of arteriosclerosis. As you see the interior size of the vessel diminishing, you can easily explain the disease process of one of the most insidious and potent killers in the western world.



Occluded Artery Model

05.07.006

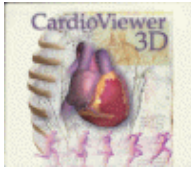
Ten times larger-than-life, this see-through artery model dramatically demonstrates how severe plaque build-up can restrict blood flow and can sometimes block the artery entirely. This situation occurs when a hard substance called plaque sticks to the walls of blood vessels. Turn the model over to see how plaque build-up can restrict blood flow. This condition forces the heart to pump harder and may cause a heart attack in real life. 2 3/4" x 6".



Plaque Buildup On Artery Walls

05.07.009

Artery Section with Blockage: four samples of artery section showing different levels of blockage.



Cardioviewer 3d
05.09.001

Using breathtaking virtual reality technology, Cardioviewer 3D is a high content tool for learning detailed cardiac anatomy, functional context. Its three main components are: ~ Interactive labeling of a beating human heart model - both external and cutaway internal views are included. ~ Digital dissection of the thorax, heart & related anatomy. ~A clinical cardiology section, with animation and actual footage explaining coronary disease & how it is studied.



Risking It

05.10.002

BHF Orderline: 0870 600 6566 www.bhf.org.uk

Men and women can learn how to cut their risk of heart disease, the nation's biggest killer, with a new DVD launched by the British Heart Foundation (BHF) today. The motivational DVD follows five real people who all have a heart health risk due to factors such as smoking and being overweight. Realistic, guilt-free advice from experts and inspiring stories from every-day people can help viewers take positive action towards their own health. A simple menu allows the viewer to select the risk factor they want to learn about, and downloadable fact sheets, with handy tips and information, are a great extra on the DVD. The risk factors covered are: -Smoking -High cholesterol -High blood pressure -Being overweight -Physical inactivity -Diabetes - Family history



Cholesterol On The Level

05.11.001

Cholesterol levels in the UK are among the highest in the world. Yet despite the proven link between high cholesterol levels and coronary heart disease, many people at high risk of the disease do not realise just how important their cholesterol level is for their health. In this programme, writer and broadcaster Dr Mark Porter sets out to:~ explain what cholesterol is, and why everyone should know about it~ distinguish between so-called 'good' & 'bad' cholesterol~ establish the link between cholesterol and coronary heart disease~ give some practical advice about what you can do to help yourself if your cholesterol level is too high. There is also an explanation of the medical condition known as familial hyperlipidaemia. The programme features a number of patients and experts, including Professor Paul Torrington and Professor Gilbert Thompson.

Finally...fitness For Men

05.11.002

This video features Radio 1 Disc Jockey Simon Bates who joins a group of men all of whom want to make changes to their lifestyle. It highlights the importance of regular exercise and a healthy diet in reducing the risk of heart disease.



Stroke

05.11.013

This video provides an insight into stroke disease, the world's third largest killer. Covers issues such as the prevention, diagnosis and treatment of stroke.



Stroke: Reducing The Risk

05.11.009

Milner-Fenwick

This program explains the pathophysiology of stroke and offers patients practical advice on how to reduce their risk. Viewers also learn about the warning signs of stroke, including transient ischemic attacks (TIA's) and bruits.

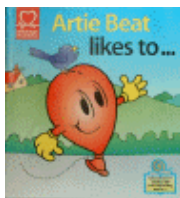


2007 Coronary Heart Disease Statistics

05.13.010

Compiled by: Steven Allender, Viv Peto, Peter Scarborough, A

This is the fifteenth edition of Coronary Heart Disease Statistics produced by the British Heart Foundation. It is divided into 13 chapters. ~The first two chapters on mortality and morbidity deal with demographic trends in CHD and related diseases of the circulatory system. ~Following a section on treatment of CHD there are chapters on the main modifiable risk factors for the disease: smoking, an unhealthy diet, lack of physical activity, a high alcohol consumption, poor psychosocial wellbeing, raised blood pressure, raised blood cholesterol, obesity and diabetes. ~The final chapter provides information about the economic costs of CHD.



Artie Beat Likes To.... Big Book

05.13.018

Alison Milford

A simple early reading book with beautiful illustrations and a quiz that invites the child to look closer, again and again, to find out more about Artie's active fun. This is also an ideal book for parents to read to very young children. Explains there are lots of things you can do to help your heart stay healthy. Join Artie Beat and his friends as they show you their favourite ways to have fun and keep active.

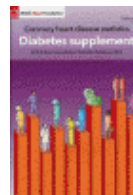


Coronary Heart Disease Risks And Reasons

05.13.001

A G Shaper

Aimed primarily at people involved in primary care this book shows how epidemiology can be applied within the community, especially to high risk groups and individuals. Focus's in particular on the links between heart disease and nutrition.



Coronary Heart Disease Statistics: Diabetes Supplement

05.13.015

The aim of this publication is to highlight the increasing burden in the UK of Cardiovascular disease (CVD) due to diabetes, and to provide statistics to help those planning prevention and healthcare services. However, good management of diabetes can only be achieved through effective partnerships between people with diabetes and their healthcare professionals.



Coronary Heart Disease Statistics: Morbidity Supplement

05.13.014

This supplement brings together all of the evidence describing how many people develop, or have to live with the consequences of, coronary heart disease. It also looks at how long people survive after a heart attack or diagnosis of angina or heart failure. This comprehensive set of estimates shows, for the first time in our statistical

publications that the amount of prolonged and serious illness caused by CHD is enormous.



**Coronary Heart Disease: Guidelines
For The National Service Framework**
05.13.012

Coronary heart disease is the biggest killer in this country. More than 111,000 people die from this condition & about 300,000 have heart attacks every year. The framework & The NHS plan describe a range of strategies to diagnose, treat & care for people who suffer from heart disease, and also how to prevent it occurring. The health service must give people who want to make changes to their lifestyles, the support & advice that they need. Effective interventions at an early stage will not only reduce the immediate risks, but also slow down the progression of the disease, identify the early symptoms & limit the incidence of death & long term incapacity. This document explains how this is possible at local level. It provides evidence-based examples of effective interventions for dealing with all the primary risk factors for heart disease - smoking, poor nutrition, physical inactivity, overweight and obesity. It is, in effect, an early warning system for tackling heart disease.



**Coronary Heart Disease: Guidelines
For The National Service Framework**
05.13.011

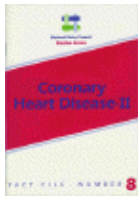
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Coronary Heart Disease-i
05.13.002

Dr J Buttriss, Dr J Gray, Prof Mike Gurr

This booklet covers diseases of the heart, causes, diet and Coronary Heart Disease, regional differences.

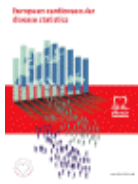


Coronary Heart Disease-ii

05.13.006

Dr J Buttriss & Dr J Gray

This booklet covers thrombosis, haemostatic factors, free radicals, lipid peroxidation, environment in early life, psychosocial factors, diet, cardiac arrhythmias and sudden death, vitamin D and seasonal variations, dietary reference values.



**European Cardiovascular Disease
Statistics: 2005**

05.13.020

Sophie Petersen, Viv Peto & Mike Rayner

This publication was produced in collaboration with the European Heart Network and the Health Economics Research Centre at the University of Oxford. It aims to provide statistics about the burden of CVD and its risk factors in Europe, as well as information about the economic costs of CVD, CHD and stroke in the European Union. Comparative statistics are available on the following topics:~Mortality ~Morbidity ~Treatment ~Smoking ~Diet ~Physical activity ~Alcohol ~Blood pressure~Blood cholesterol ~Overweight and obesity ~Economic costs Petersen S, Peto V, Rayner M, Leal J, Luengo-Fernandez R and Gray A



**National Service Framework For
Coronary Heart Disease**

05.13.017

This National Service Framework for Coronary Heart Disease is the blueprint for tackling heart disease. It sets the standards & service which should be available throughout England. This folder contains the following documents:~ Executive Summary~ National Service Framework: Main Report~ National Service Framework: Clinical Chapters - Chapter 1: Reducing heart disease in the population - Chapter 2: Preventing CHD in high risk patients - Chapter 3: Heart attack & other acute coronary syndromes - Chapter 4: Stable angina - Chapter 5: Revascularisation - Chapter 6: Heart failure - Chapter 7: Cardiac rehabilitation



**Social Inequalities In Coronary Heart
Disease**

05.13.008

Editor: Imogen Sharp

Examines the social class patterns in Coronary Heart Disease and its risk factors. Assesses the factors underlying these healthy inequalities. Sets out strategies to reduce this social class gap, offering ideas for action at national, community and individual levels.



Stroke: A Local Service Framework
05.13.003

The purpose of this document is to:-* define the components of a modern local NHS stroke service and how such a service should be organised* establish how patients and the public may gain fair access to local stroke services* set out an action plan and allocate responsibility within the local NHS for making progress. This framework acknowledges the huge burden of care that falls on families, social care services and voluntary sector as a result of stroke. However, its scope is limited almost entirely to the services provided by the local 'NHS family'. A major aspect of its implementation will be harmonizing improvements in healthcare with the Joint Investment Plans and the wider agenda for promoting independence where the responsibility is shared between the NHS and Social Services departments.



The Coronary Heart Disease National Service Framework
05.13.009

This report details the progress which has been made in implementing the Coronary Heart Disease National Service Framework in the six years since its publication. It provides a summary of the work that is going on all over the country. It highlights the main areas of activity since we published our last progress report, *Leading the Way*, in March 2005. This report also explains where further work is needed. It has been written for people who work in the field of CHD and for everyone who has an interest.



The Big Heart Book
05.13.019

Alison Milford

An A2, free-standing, full colour big book on the heart and what constitutes a healthy lifestyle. This book meets the requirements of the Science and Health Education curriculum in each of the UK countries for 5-6 year olds. Each topic is fully supported by Teacher's Notes with clear objectives related to the curriculum. Photocopiable worksheets, extension and differentiated activities all contribute to the pupils' understanding of each topic. Includes 6 x Activity Sheets



Happy Heart!

05.15.003

Happy Heart - activity sheets encourage healthy heart know-how and behaviour. Happy Heart eats lots of fruit & veg, drinks plenty of water, eats food low in fat and salt, eats oily fish, takes plenty of exercise, walks upstairs, keeps active, stays slim, and....thanks you for not smoking. 8 x A4 Sheets



Is My Heart Healthy

05.15.001

This pack aims to highlight some of the messages around coronary heart disease and the investigations that might be carried out at a primary care level and the health promotion messages involved. Produced to help people with a learning disability and their carers to understand about coronary heart disease. It helps to explain about the function of the heart and the different things that can affect the heart working properly. The pack is divided into sections looking at different investigations. These sections can be used as a stand alone teaching aid or as part of a continuing session.



You Can't Be Serious: Heart Health

05.15.005

Marilyn Harvey

This booklet helps get young people thinking about their lifestyle. It helps them to set up a pattern which will keep their heart pumping away efficiently and help them to get more out of life - now and into their nineties! Themes covered include: exercise, food and drink, gender and heart health, stress and assertiveness. Contains: guidance on the role of a peer educator, background information on the issue, activities for use by peer educators & a case study.



Cardiovascular Disease

05.16.001

This laminated poster clearly shows various aspects of cardiovascular disease and can be used as a teaching aid and/or a source of reference. Approximately 66 x 51cm.



Happy Heart

05.16.004

This Happy Heart poster aims to encourage healthy heart know-how and behaviour. Happy Heart eats lots of fruit & veg, drinks plenty of water, eats foods low in fat and salt, eats oily fish, takes plenty of exercise, walks upstairs, keeps active stays slim, andthanks for not smoking!



Understanding Cholesterol

05.16.003

Illustrates the structure and classification of lipoproteins, which are particles of combined fat and protein that carry cholesterol throughout the body. Shows cholesterol transport in the blood, how cholesterol is made and stored in the liver. Also shows atherosclerosis, the consequence of high cholesterol. Size is 20" Width by 26" Height.



Understanding Stroke

05.16.002

Defines and illustrates stroke, including the two main types: ischemic and hemorrhagic. Lists and explains events leading to a stroke. Shows the brain and discusses its functional areas and their roles in the body. Lists risk factors and common neurological deficits after stroke. Size is 20" W by 26" H

