



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.

Your local Health Education Department has videos, DVDs, pamphlets, books, and information on classes. These programs can help you:

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

Kaiser Permanente online resources

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

kp.org/mydoctor

For members in Northern California, your doctor's home page is your gateway to a wealth of resources. You can:

- find reliable information on many health topics
- watch videos
- use interactive tools
- email your doctor
- view your personal medical record
- save time scheduling or changing appointments
- refill prescriptions
- view lab results
- see personalized reminders about preventive screening tests and immunizations

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 a variety of free programs to 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

Listening to guided imagery podcasts and other audio programs can help you learn how to relax and manage stress. Guided imagery engages your mind, body, and spirit in a gentle, but powerful way to:

- lower blood pressure, blood sugar, and cholesterol
- inspire and motivate
- reduce anxiety and depression

kp.org/quitsmoking

Quitting tobacco 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

Find these resources at your local library or bookstore, or online:

Books

- *Active Partnership for the Health of Your Heart: workbook and DVD.* American Heart Association and Krames.
- *Becoming Vegan: The Complete Guide to Adopting a Healthy Plant-Based Diet.* Brenda Davis, Vesanto Melina. Book Publishing Company, 2000.
- *Eat to Live: The Amazing Nutrient-Rich Program for Fast and Sustained Weight Loss, Revised Edition.* Joel Fuhrman, MD. Little, Brown and Company, 2011.

- *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. A Proven Program for Taking Full Advantage of Your Body's Natural Healing Power.* (New Edition, Updated and Expanded.) Andrew Weil, MD. Knopf Publishing Group, 2006.
- *Forks Over Knives: The Plant-Based Way to Health.* Edited by Gene Stone. The Experiment, 2011.
- *The Healthy Heart Miracle: Your Roadmap to Lifelong Health.* Gabe Mirkin and Diana Mirkin. HarperCollins, 2004.
- *Healthy Heart Walking CD: Walking Workouts for a Lifetime of Fitness.* American Heart Association.
- *Prevent and Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition-Based Cure.* Caldwell B. Esselstyn, Jr., MD. Avery, 2008.

- *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.
- *Positive Mind, Healthy Heart.* Joseph C. Piscatella. Workman, 2010.

Cookbooks

- *American Heart Association Quick and Easy Cookbook.* American Heart Association. Clarkson Potter, 2001.
- *Everyday Cooking with Dr. Dean Ornish.* Dean Ornish, MD. Quill, 2002.
- *Low-Fat Soul.* Jonell Nash. Ballantine Books, 1997.
- *Madhur Jaffrey's Quick and Easy Indian Cooking.* Madhur Jaffrey. Chronicle Books, 2007.
- *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.
- *Vegetarian Cooking for Everyone.* Deborah Madison. Broadway Books, 1997.

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
(800) 829-9170
- *Tufts University Health and Nutrition Letter*
tuftshealthletter.com
(800) 274-7581
- *Communicating Food for Health Newsletter*
www.foodandhealth.com
(800) 462-2352

Other websites

- Visit our website at **kp.org**. Here you'll find the Health Encyclopedia, which offers more in-depth information on this and many other topics.
- Find fresh, healthy recipes at **recipe.kaiser-permanente.org**
- American College of Cardiology
cardiosmart.org
- American Diabetes Association
diabetes.org
- Academy of Nutrition and Dietetics
eatright.org
- American Heart Association
americanheart.org
- Vegetarian Resource Group
vrg.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.