

Heart Resources

The British Heart Foundation

www.bhf.org.uk

Tel: 0808 802 1234 (freephone) weekdays 9am to 5pm.

The BHF is a UK heart charity and the largest independent funder of research for heart and circulatory diseases. It provides up to date information about heart and circulatory diseases and the things that cause them.

A-Z

Atrial Fibrillation Association

www.atrialfibrillation.org.uk

Helpline: 01789 867 502

The AFA is a UK registered charity which focuses on raising awareness of atrial fibrillation (AF) by providing information and support materials for patients and medical professionals involved in detecting, diagnosing and managing atrial fibrillation.

Arrhythmia Alliance

www.heartrhythmcharity.org.uk

Helpline: 01789 867 501

The A-A is a coalition of charities, patient groups, patients, carers, medical groups and allied professionals working together to promote timely and effective diagnosis and treatment of arrhythmias, including atrial fibrillation.

Blood Pressure Association

www.bpassoc.org.uk

Aims to draw attention to the need to improve detection, management and treatment of high blood pressure, so that everyone in the UK will realise the importance of knowing what their blood pressure levels are. The site is well designed and user friendly. It has information on what is high blood pressure, having it measured, measuring at home, monitors, treatments, medication, changes to lifestyle and risk factors.

British Cardiac Patients Association

www.bcpa.eu/default.htm

Helpline – 01223 846845

National organisation which offers support and advice to cardiac patients, their families and carers.

British Cardiovascular Society

www.britishcardiosocietysociety.org

The BCS aims to support and represent all those working in the fields of cardiovascular care and research.

British National Formulary

www.bnf.nice.org.uk

Published every 6 months, by the British Medical Association and the Royal Pharmaceutical Society distributed to all doctors and pharmacists in the NHS to help them when they prescribe and dispense medicines. Includes uses, cautions, side effects, dosage. It is professionally independent and thoroughly reliable. The notes about groups of drugs are especially valuable. The technical language makes parts of it tough going for non-professionals.

Cardiomyopathy UK

www.cardiomyopathy.org

National charity for people affected by cardiomyopathy, a condition that affects the heart muscle.

Chest, Heart and Stroke Scotland

www.chss.org.uk

Advice Line 0808 801 0899

Aims to improve the quality of life for people in Scotland affected by chest, heart and stroke illness through medical research, advice and information, and support in the community. The advice line offers confidential, professional advice from trained nurses. An interpretation service is available on request. They publish a range of comprehensive information booklets and fact sheets on heart attack and recovery.

Heart Transplant Families UK

Online, they are a private Facebook support group.

Search Heart Transplant Families UK on Facebook. Click on the 'Join group' link and answer the membership questions.

Heart UK- The Cholesterol Charity

www.heartuk.org.uk

Aims to support and advise anyone who wishes to reduce the risks of heart disease, and provides information for patients and families with inherited high cholesterol and scientific research and good clinical practice for the management of hyperlipidaemia within the UK. Publishes various information sheets including dietary information with advice on maintaining a healthy diet.

Irish Heart Foundation

www.irishheart.ie

The Irish Heart Foundation is the only national voluntary organisation in Ireland working to reduce premature death and disability from heart disease and stroke through research, education and community service.

NHS

www.nhs.uk

Information from the NHS.

NICE- National Institute for Health and Care Excellence

www.nice.org.uk

NICE provides patients, health professionals and the public with reliable guidance on current 'best practice'. It covers; medicines, medical devices, diagnostic techniques, procedures and the clinical management of specific conditions. It is not always easy to find what you are looking for on this site but it does have a good search facility.

Northern Ireland Chest, Heart and Stroke Association

www.nichs.org.uk

The aim of the Northern Ireland Chest Heart and Stroke Association is to promote the prevention of and alleviate the suffering resulting from chest heart and stroke related illnesses.

Patient

www.patient.info

The aim of this site is to direct non-medical people in the UK to good quality information about health and disease. The site contains leaflets about many health and disease topics, lists of support groups and a web directory of UK health information sites.

Pumping Marvellous

www.pumpingmarvellous.org

This charity was set up in 2010 to address the need for support and care of a non-clinical nature after initial diagnosis for heart failure patients in the UK.

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