

**NHS Greater Glasgow & Clyde  
Multilingual Health Information Directory**

**Heart Health**

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## Scope

The heart health topic was broken down into a comprehensive list of sub-topics. The sub-topic list was compiled by the Public Health Resource Library, NHS Greater Glasgow & Clyde. The research for this topic was carried out in the week beginning 19<sup>th</sup> February 2007.

The sub-topics were

- Healthy heart
- Heart attack
- Heart disease
- Coronary heart disease
- Coronary care
- Coronary artery disease
- Heart health
- Angina
- Cardiac rehabilitation

## Specialist Heart Sources

**British Heart Foundation**

<http://www.bhf.org.uk>

**British Hypertension Society**

<http://www.bhsoc.org>

**Chest, Heart and Stroke Scotland**

<http://www.chss.org.uk/>

**Heart UK**

<http://www.heartuk.org.uk/index.html>

**World Heart Federation**

<http://www.worldheart.org>

**World Hypertension League**

<http://www.worldhypertensionleague.org>

## Heart Multilingual Health Resources Directory

<p><b>Angina</b></p> <p>Description A leaflet summarising the condition of angina.</p> <p>Format Leaflet</p> <p>Language Polish</p> <p>Cost Free</p> <p>Published 2002</p> <p>Contact Patient UK <a href="http://www.patient.co.uk/">http://www.patient.co.uk/</a></p>	<p><b>Angina</b></p> <p>Description A leaflet summarising the condition of angina.</p> <p>Format Leaflet</p> <p>Language Chinese, English, French, Russian, Somali</p> <p>Cost Free</p> <p>Published 2005</p> <p>Contact Health Information Translations <a href="http://www.healthinfotranslations.com/">http://www.healthinfotranslations.com/</a></p>
<p><b>Coronary artery disease</b></p> <p>Description A leaflet summarising coronary heart disease.</p> <p>Format Leaflet</p> <p>Language Chinese, English, French, Russian, Somali.</p> <p>Cost Free</p> <p>Published 2007</p> <p>Contact Health Information Translations <a href="http://www.healthinfotranslations.com/">http://www.healthinfotranslations.com/</a></p>	<p><b>Coronary heart disease</b></p> <p>Description Information relating to coronary heart disease.</p> <p>Format Leaflet</p> <p>Language Turkish, Urdu</p> <p>Cost Free</p> <p>Published 2005</p> <p>Contact NHS Direct <a href="http://www.nhsdirect.nhs.uk/">http://www.nhsdirect.nhs.uk/</a></p>
<p><b>Diabetes and your heart</b></p> <p>Description Information on diabetes and heart health.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, Turkish</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact Diabetes Australia <a href="http://www.diabetesaustralia.com.au/">http://www.diabetesaustralia.com.au/</a></p>	<p><b>Heart angioplasty</b></p> <p>Description A leaflet summarising the procedure of angioplasty.</p> <p>Format Leaflet</p> <p>Language English, French, Russian, Somali</p> <p>Cost Free</p> <p>Published 2005</p> <p>Contact Health Information Translations <a href="http://www.healthinfotranslations.com/">http://www.healthinfotranslations.com/</a></p>
<p><b>Heart attack?</b></p> <p>Description A leaflet summarising the signs of a heart attack.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, French, Russian, Somali</p> <p>Cost Free</p> <p>Published 2007</p> <p>Contact Health Information Translations <a href="http://www.healthinfotranslations.com/">http://www.healthinfotranslations.com/</a></p>	<p><b>Heart attack</b></p> <p>Description Information regarding heart attacks.</p> <p>Format Leaflet</p> <p>Language Turkish, Urdu</p> <p>Cost Free</p> <p>Published 2005</p> <p>Contact NHS Direct <a href="http://www.nhsdirect.nhs.uk/">http://www.nhsdirect.nhs.uk/</a></p>

<p><b>Heart disease – how treatments can help</b></p> <p>Description A leaflet summarising procedures and interventions that can alleviate heart disease.</p> <p>Format Leaflet</p> <p>Language Chinese, English,</p> <p>Cost Free to download</p> <p>Published Unknown</p> <p>Contact NSW Multicultural Health Communication Service <a href="http://www.mhcs.health.nsw.gov.au/">http://www.mhcs.health.nsw.gov.au/</a></p>	<p><b>Heart failure</b></p> <p>Description A leaflet summarising heart failure.</p> <p>Format Leaflet</p> <p>Language Polish</p> <p>Cost Free</p> <p>Published 2002</p> <p>Contact Patient UK <a href="http://www.patient.co.uk">http://www.patient.co.uk</a></p>
<p><b>Heart failure</b></p> <p>Description A leaflet summarising coronary heart failure.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, French, Russian, Somali.</p> <p>Cost Free</p> <p>Published 2007</p> <p>Contact Health Information Translations <a href="http://www.healthinfotranslations.com/">http://www.healthinfotranslations.com/</a></p>	<p><b>Heartstart Post (A1)</b></p> <p>Description A1 size poster giving instructions for cardiopulmonary resuscitation (CPR).</p> <p>Format Poster</p> <p>Language Arabic, Cantonese, Urdu</p> <p>Cost Unknown</p> <p>Published Unknown</p> <p>Contact British Heart Foundation <a href="http://www.bhf.org.uk/">http://www.bhf.org.uk/</a></p>
<p><b>Heartstart Post (A2)</b></p> <p>Description A2 size poster giving instructions for cardiopulmonary resuscitation (CPR).</p> <p>Format Poster</p> <p>Language Somali, Turkish</p> <p>Cost Unknown</p> <p>Published Unknown</p> <p>Contact British Heart Foundation <a href="http://www.bhf.org.uk/">http://www.bhf.org.uk/</a></p>	<p><b>Heartstart reminder</b></p> <p>Description Plastic card explaining how to recognise a heart attack and basic instructions for CPR.</p> <p>Format Card</p> <p>Language Arabic, Cantonese, Urdu</p> <p>Cost Unknown</p> <p>Published Unknown</p> <p>Contact British Heart Foundation <a href="http://www.bhf.org.uk/">http://www.bhf.org.uk/</a></p>
<p><b>High blood pressure</b></p> <p>Description Information regarding preventative aspects of high blood pressure.</p> <p>Format Text, audio, CD to download.</p> <p>Language Arabic, Chinese, English, Punjabi, Somali</p> <p>Cost Free</p> <p>Published 2003</p> <p>Contact Sounds Healthy <a href="http://www.soundshealthy.nhs.uk/">http://www.soundshealthy.nhs.uk/</a></p>	<p><b>High blood pressure</b></p> <p>Description A leaflet summarising high blood pressure.</p> <p>Format Leaflet</p> <p>Language Chinese, Urdu</p> <p>Cost Free</p> <p>Published 2003</p> <p>Contact Patient UK <a href="http://www.patient.co.uk">http://www.patient.co.uk</a></p>

<p><b>High Blood Pressure</b></p> <p>Description A leaflet summarising the effects of high blood pressure.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, English, French, Russian, Somali</p> <p>Cost Free</p> <p>Published 2006</p> <p>Contact Health Information Translations  <a href="http://www.healthinfotranslations.com/">http://www.healthinfotranslations.com/</a></p>	<p><b>Living to prevent heart disease</b></p> <p>Description This DVD explains what heart disease is and provides useful tips on how to prevent by making small changes to your lifestyle.</p> <p>Format DVD</p> <p>Language Urdu</p> <p>Cost Unknown</p> <p>Published Unknown</p> <p>Contact British Heart Foundation  <a href="http://www.bhf.org.uk/">http://www.bhf.org.uk/</a></p>
<p><b>Preventing heart disease and stroke</b></p> <p>Description A leaflet outlining ways to prevent heart disease and stroke.</p> <p>Format Leaflet</p> <p>Language Chinese, Urdu</p> <p>Cost Free</p> <p>Published 2003</p> <p>Contact Patient UK  <a href="http://www.patient.co.uk/">http://www.patient.co.uk/</a></p>	<p><b>Take care of your heart. Manage your diabetes</b></p> <p>Description This leaflet provides advice on managing your diabetes to ensure you take care of your heart health too.</p> <p>Format Leaflet</p> <p>Language Chinese, English</p> <p>Cost Free</p> <p>Published 2002</p> <p>Contact National Diabetes Education Program  <a href="http://ndep.nih.gov/">http://ndep.nih.gov/</a></p>