

Support to keep your heart healthy.

Free support from the British Heart Foundation.

The British Heart Foundation provides reliable and easy to understand information about heart disease and advice on how you can help prevent it.

Find out more at www.bhf.org.uk



NHS

The NHS website has lots of information and advice about the symptoms and treatment of heart disease.

Visit: www.nhs.uk and search for 'heart disease.'

If you are experiencing symptoms of heart disease, including chest pain, numbness in your limbs or dizziness, you should tell your GP.