

**Management of Risks of Increasing
Omega-3 Fatty Acids in the Diet**

<http://www.cfsan.fda.gov/~dms/admehg3.html>

Information from the FDA about mercury levels in fish.

**Evidence-based Guidelines for Cardiovascular
Disease Prevention in Women**

<http://circ.ahajournals.org/cgi/content/full/109/5/672>

Smoking Cessation

http://www.surgeongeneral.gov/tobacco/treating_tobacco_use.pdf

Clinical practice guidelines for the treatment of tobacco dependence, downloadable in PDF format.

10-year CHD Risk Assessment Tool

<http://hin.nhlbi.nih.gov/atpiii/riskcalc.htm>

This downloadable Excel spreadsheet, developed by Boston University, uses recent data from the Framingham Heart Study to estimate 10-year risk for “hard” coronary heart disease outcomes (myocardial infarction and coronary death) in adults who do not have heart disease or diabetes.

**Third Report of the Expert Panel on Detection,
Evaluation, and Treatment of High Blood Cholesterol
in Adults (Adult Treatment Panel III)**

<http://www.nhlbi.nih.gov/guidelines/cholesterol>

The complete, comprehensive report on cholesterol management, as well as a quick reference version and supporting materials, all available for download in PDF format.

**Tools for Personal Digital
Assistants (PDAs)**

**ATPIII Cholesterol Management
Implementation Tool for Palm OS**

<http://hin.nhlbi.nih.gov/atpiii/atp3palm.htm>

**Body Mass Index Calculator for Palm OS
and Pocket PC 2003**

http://hin.nhlbi.nih.gov/bmi_palm.htm

**JNC 7 (Hypertension Management) Application
for Palm OS and Pocket PC 2003**

<http://hin.nhlbi.nih.gov/jnc7/jnc7pda.htm>

“Act in Time to Heart Attack Signs”

Physician Quick Reference for Palm OS

http://hin.nhlbi.nih.gov/haac_palm/haac_palm.htm