



Learning


healthy hearts

a new approach to learning about heart disease prevention

High Blood Pressure

- ♥ first questions
- ♥ controlling high blood pressure
- ♥ drugs and their side effects
- ♥ salt

click on the ♥ to find out more



Eating for a healthy heart

Click on a food picture - keep the mouse button pressed down - drag the Food into the group you think it belongs to. Click the 'Finish' button to receive feedback on your choices.

fruit & veg	pizza	butter	rice	full-fat milk	skimmed milk	fish	olive oil
chicken	bread	pasta	fatty meat	cheese	fast food	biscuits	pastries

High Fibre	Good / Low Fat	Bad / High Fat	finish
			start again

go back move on

an interactive multimedia educational programme for people interested in heart disease

Learn about the impact of high blood pressure, high levels of cholesterol, heart pains and suffering a heart attack. The programme helps you to understand what should be done to help prevent and manage heart disease, and also the situations to avoid. In this way you can help to keep healthy.

Learning healthy hearts is designed to help your understanding.

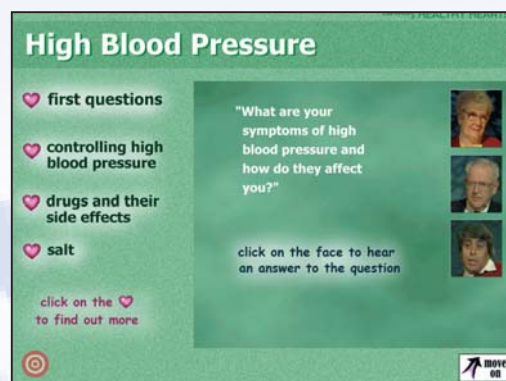
Learning healthy hearts offers a wide range of information and personal experience about all aspects of heart disease using interactive multimedia.

Learning healthy hearts is designed for people interested in heart disease and maintaining healthy hearts.

What's in the programme

The programme contains video clips of people describing their experiences with heart disease. It uses text and graphics to clearly explain issues ranging from recognising symptoms to managing day to day control.

This map is available at all times. It enables you to go to any part of the programme in any order you wish as often as you wish to help you gain an understanding of heart disease.



There are interactive activities allowing you to experiment with choices of foods in the supermarket, eating out and more.

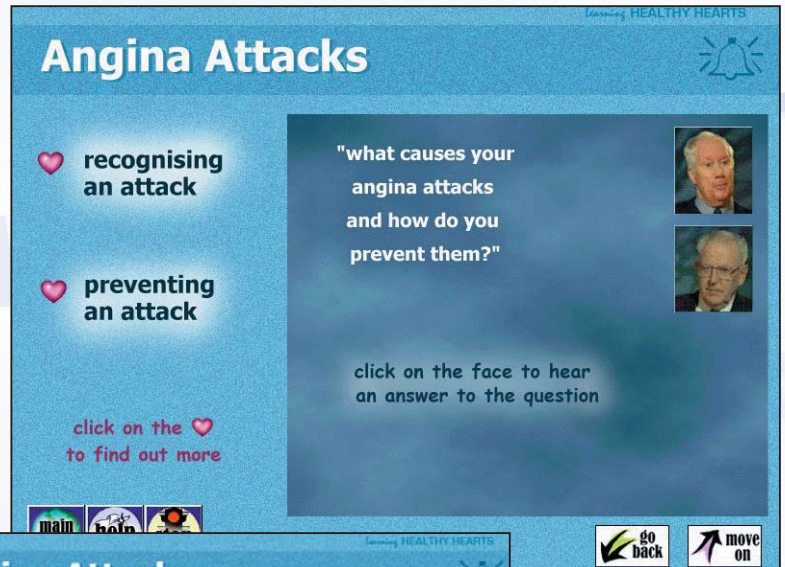


High quality video

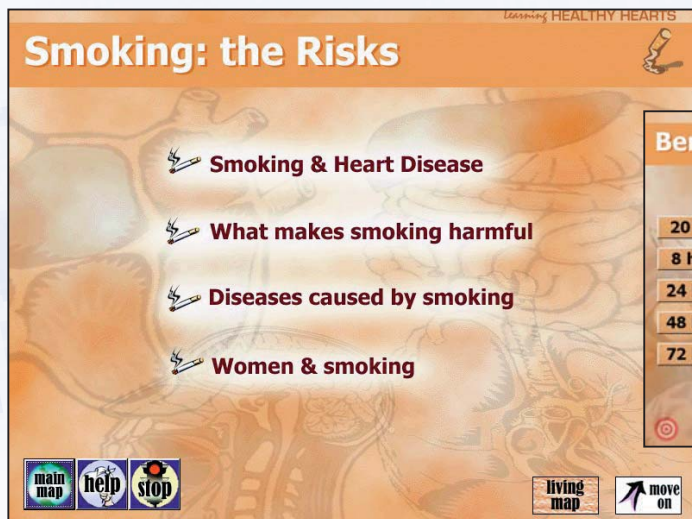
Personal experience is a valuable source of information about managing heart disease.

Uniquely, *Learning* healthy hearts enables you to hear from people about the way they handle different situations and how they cope with living with heart disease.

There are over 80 video clips to choose from.



Simply click on a face.



Who can use the programme

Learning healthy hearts is designed to be used by individuals on their own to learn more about healthy hearts. Additionally, it can be used by small groups of people working together to gain a better understanding.

It can be used by young people and older people with very little introduction or supervision.

For healthcare professionals it is a valuable educational tool whether used in a GP surgery, a hospital or a community care setting.

To order your copy of this exciting interactive video CD, priced at £20 please complete the details below and either post this form back to the address below along with your payment, or alternatively, fax the form back to: +44 (0)20 7760 7193

Please send me copies of 'Learning Healthy Hearts' at £20 total cost

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Technical information

Learning healthy hearts is supplied on 1 CD-ROM. The programme will run on a wide range of multimedia PCs including lap top computers.

The programme can be accessed from the CD-ROM or it can be loaded on to the hard disk of your PC. This will require 650Mb of hard disk space.

Since PCs vary in quality and performance we urge customers who plan to buy new equipment to view the programme on several different machines before making a purchase. Computer stores will normally be very helpful in allowing the programme to be tried out. It is important to stress the need for good quality video reproduction.

Acknowledgements

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SALES INFORMATION

For further information please contact:



Making Connections in Healthcare

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