

# Heart Disease & Stroke

Guidebook



This guidebook is provided to the general public to disseminate health-related information. The information is not intended to be used for diagnosing or prescribing. Please consult your physician before undertaking any form of medical treatment and/or adopting any exercise program or dietary guidelines.

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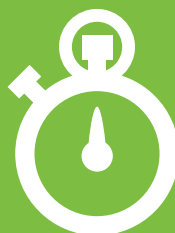
# Lowering Your Risk of Heart Disease and Stroke

As a national leader in cardiovascular and neurological care, we have created this guidebook to educate our patients and the community on the No. 1 and No. 5 causes of death in the United States — heart disease and stroke, respectively. Our goal is to increase awareness in our community on how to prevent, recognize and help care for those who experience heart disease and stroke.

*Source: American Heart Association*



EVERY **34** SECONDS,  
SOMEONE IN THE U.S. WILL HAVE A  
**HEART ATTACK.**



EVERY **40** SECONDS,  
SOMEONE IN THE U.S. HAS A  
**STROKE.**

*Source: American Heart Association*

# Facts about Heart Disease and Stroke

- Nearly 2,150 Americans die of cardiovascular disease each day — an average of one death every 40 seconds.
- Coronary artery disease causes one of every five deaths in the United States.
- Every 34 seconds, someone in the United States will have a heart attack.
- Someone will die of a heart attack nearly every minute of every day.
- Cardiovascular diseases claim more lives than all forms of cancer combined.
- Each year, about 795,000 Americans will experience a new or recurrent stroke.
- Every 40 seconds, someone in the United States has a stroke.
- One American dies from a stroke every four minutes.
- Stroke is the number five cause of death and the leading cause of disability in the United States.
- More than five million Americans currently have heart failure, and more than 400,000 new diagnoses are made each year.

*Source: American Heart Association*

## **Education is the Key to Prevention**

While, as a nation, we have seen great success in the past few years improving clinical outcomes for heart disease and stroke, we still have a way to go. It is our hope that you and your family will read this information and take steps to reduce your chances of developing either of these diseases.

There are risk factors beyond your control, such as age, ethnicity and a family/personal history of heart disease or stroke. The good news is, there are factors you can control to lower your risk of having a stroke or developing heart disease.



# Risk Factors of Heart Disease and Stroke

With proper prevention, wellness and education, risk factors can be eliminated.

## **Obesity**

People who have excess body fat are more likely to have heart disease or a stroke, even if they don't have other risk factors. Excess weight increases the strain on the heart and blood vessels; increases blood pressure, cholesterol and triglyceride levels; and can cause diabetes.

## **High Cholesterol**

The risk of heart disease and stroke rises as blood cholesterol levels go up. Cholesterol may be lowered by losing weight; exercising; and eating a healthy diet low in saturated fat and cholesterol, and high in fruits, vegetables and whole grains.

## **Diabetes**

Diabetes seriously increases the risk of heart disease and stroke, even when glucose levels are under control. More than 80 percent of people with diabetes die of some form of heart or blood-vessel disease. If you have diabetes, it's important for you to carefully manage it and control any other risk factors you can.

## **High Blood Pressure**

High blood pressure increases the heart's workload, causing the heart to enlarge and weaken over time. It also puts stress on blood-vessel walls and can lead to clots or bleeding in the brain. High blood pressure affects one-third of the U.S. population.

## **Smoking**

Smoking raises the risk of heart attack and stroke by damaging blood vessels. When you quit smoking, you cut your risk of heart attack or stroke in half, after one to two years. Within three to five years, your risk drops close to that of a non-smoker.

## **Physical Inactivity**

Exercise is central to a healthier heart and can help prevent stroke; control blood cholesterol, diabetes and obesity; and lower blood pressure in some people. You should exercise three to five times a week for 20 to 25 minutes within your target heart rate. As always, consult your doctor prior to starting any new exercise routine.

LEARN MORE

[AdventHealth.com](https://www.adventhealth.com)

# Types of Cardiovascular and Neurological Conditions

## Acute Coronary Syndrome (ACS)

Acute coronary syndrome (ACS) is a term used for many different types of sudden heart disease that all cause a lack of oxygen to your heart. This lack of oxygen may result in pain, damage or death.

### What are the risk factors for ACS?

- Having blood-vessel disease
- You or someone in your family has coronary artery disease
- Having high blood pressure, high cholesterol and/or diabetes
- Being a woman over 40 years old or man over 33 years old
- Not exercising, being overweight and smoking

### If my doctor tells me that I have ACS, what do I need to know before I am discharged from the hospital?

#### Medication

Take your medicine as directed by your doctor, and do not stop taking it until you discuss it with your doctor. Also, be sure to report to your doctor if you feel the medication is not helping, or if you are having side effects.

#### Activity

Activity and exercise should be discussed with your doctor to ensure you don't overdo it during your recovery. Do not drive or go back to work until your doctor says it's okay to do so.

#### Diet

Ask your doctor if you should be on a special diet. You may be told to eat foods that are low in fat or cholesterol. You may also be told to limit the amount of salt you eat.

#### Quit Smoking

Quitting smoking is important because you are more likely to have lung disease, cancer and a heart attack if you are a smoker.



## Signs and Symptoms of ACS



### **Chest Pain**

Discomfort that presents as pain or a tight ache, pressure, fullness or squeezing in the center of your chest (often lasting more than a few minutes and may go away then return)



### **Tingling**

Pain, or tingling, in the jaw, left-shoulder blade, back, arm, throat or neck



### **Fatigue**

Extreme tiredness, weakness or fainting



### **Nausea**

Feelings of nausea, including indigestion, such as heartburn and upset stomach or vomiting



### **Dizziness**

Feeling dizzy, lightheaded or short of breath



### **Cold Sweat**

Pale, cool or clammy skin

**If you are experiencing any of the symptoms listed above, call 9-1-1 immediately.**



## Heart Attack (Myocardial Infarction)

Your heart muscle needs a constant supply of oxygen-rich blood, carried by blood vessels called coronary arteries, to function properly. When these arteries become narrowed, completely blocked or begin to spasm, the heart muscle doesn't get enough of this oxygen-rich blood and a heart attack, or myocardial infarction (MI), can occur. Treatment for an MI includes medication, oxygen and/or procedures like angioplasty or open-heart surgery.

### What are the risk factors of a heart attack?

- Having high blood pressure, high cholesterol and/or diabetes
- Having heart disease
- Being of African, Asian, Mexican and Native American descent
- Getting older (risk for both men and women increases significantly after 65)
- You or someone in your family has heart disease or a heart attack
- Not exercising, being overweight and smoking

### If my doctor tells me that I have had a heart attack, what do I need to know before I am discharged from the hospital?

#### Medication

Take your medicine as directed by your doctor, and do not stop taking it until you discuss it with your doctor. Also, be sure to report to your doctor if you feel the medication is not helping, or if you are having side effects.

#### Activity

Activity and exercise should be discussed with your doctor to ensure you don't overdo it during your recovery. Do not drive or go back to work until your doctor says it's okay to do so.

#### Diet

Ask your doctor if you should be on a special diet. You may be told to eat foods that are low in fat or cholesterol. You may also be told to limit the amount of salt you eat.

#### Quit Smoking

Quitting smoking is important because you are more likely to have lung disease, cancer and another heart attack if you are a smoker.



## Signs and Symptoms of a Heart Attack



### Chest Pain

Discomfort that presents as pain or a tight ache, pressure, fullness or squeezing in the center of your chest (often lasting more than a few minutes and may go away then return)



### Upper Body Discomfort

Pain, or tingling, in both arms, back, neck, jaw or stomach



### Shortness of Breath

Inability to breathe normally or deeply (with or without chest pain)



### Fatigue

Extreme tiredness, weakness or fainting



### Nausea

Feelings of nausea, including indigestion, such as heartburn and upset stomach, or vomiting



### Dizziness

Feeling dizzy or lightheaded



### Cold Sweat

Pale, cool or clammy skin

**Heart attacks are an emergency. It is vitally important to call 9-1-1 immediately if you or someone you know has sudden onset of any of the signs or symptoms, even if they go away.**

## Heart Failure

Heart failure occurs when the heart muscle is weak and has trouble pumping out blood. Fluid collects in the lungs or other parts of the body because the heart is not pumping as well as it should. As a result, your body doesn't get enough oxygen-rich blood to keep you healthy and strong. Some of the causes of heart failure are heart attack or heart disease, high blood pressure and heart valve problems.

### What are the contributing factors of heart failure?

- Having high blood pressure or blood cholesterol
- Being diagnosed with diabetes or prediabetes
- Smoking
- Being overweight or obese
- Being physically inactive
- Having a family history of early heart disease
- Having a history of preeclampsia during pregnancy
- Eating an unhealthy diet and poor nutrition
- Getting older (55 or older for women)

### If my doctor tells me that I have heart failure, what do I need to know before I am discharged from the hospital?

#### Medication

Take your medicine as directed by your doctor, and do not stop taking it until you discuss it with your doctor. Also, be sure to report to your doctor if you feel the medication is not helping, or if you are having side effects.

#### Follow-up Information

Be sure to keep all appointments and write down any questions you may have.

#### Activity

Follow the activity guidelines provided by your doctor. You may feel like resting more, so try to match your activity or exercise to the amount of energy you have. Try to stay inside when it is hot or cold outside, as these extreme temperatures cause your heart to work harder. It is important not to lift, pull or push anything heavy until your doctor says it is okay.

#### Weight Monitoring

Weigh yourself daily on the same scale first thing in the morning and write down the number. Call your doctor during business hours if you have gained more than three pounds in one day, or five pounds in one week.

#### Diet

Always follow your physician's instructions on how much salt and liquid to include in your diet. If you use certain medications that help your body get rid of fluid, you may often feel thirsty. If you feel thirsty, do not drink more than directed, but instead, try sucking on sugar-free candy to keep your mouth from getting too dry. The reason your doctor may recommend a low-salt diet is because too much salt may cause your body to hold on to water. This may lead to swelling, shortness of breath and lack of energy.

# Signs and Symptoms of Heart Failure

Call your doctor if you experience:



## Shortness of Breath

Trouble breathing (shortness of breath) that is worse during exercise or when lying down



## Swelling (Edema)

Edema, or swelling, in your feet, ankles, legs, hands or abdomen



## Weight Gain

Addition of three to four pounds in one to two days, or five pounds in one week



## Loss of Appetite

Decrease in appetite or feeling full quickly after eating



## Coughing

A dry, constant cough



## Dizziness

Feeling dizzy or lightheaded



## Stomach Pain

Discomfort, pain or bloating in the abdominal area



## Fatigue

Extreme tiredness, weakness or fainting



## Stroke

A stroke occurs when blood flow to a part of the brain suddenly decreases or stops due to a blocked or burst blood vessel. Blood carries oxygen and other nutrients to parts of your brain. When oxygen cannot get to your brain, brain tissue may become damaged or even die. Brain cells begin to die in a matter of minutes. Treatment may help prevent further brain injury, so it is important to seek help immediately if you or someone you know is experiencing the signs and symptoms of a stroke.

### What are the risk factors for a stroke?

Some risk factors for stroke can't be modified, such as age, family history, gender, race and history of a prior stroke or heart attack. The good news is, you can control some risk factors to reduce your chance of having a stroke. They are:

- High blood pressure (hypertension)
- Smoking
- Obesity
- Diabetes
- Drug and alcohol abuse
- Physical inactivity
- Atrial fibrillation (irregular heartbeat)
- High cholesterol or lipids

### If my doctor tells me that I have had a stroke, what do I need to know before I am discharged from the hospital?

#### Medication

Your doctor may send you home on medications to help prevent another stroke, such as blood pressure reducers, blood thinners or cholesterol-lowering agents.

Take your medicines as directed, and do not stop taking them unless you discuss it with your doctor. Also, be sure to talk to your doctor if you have any questions about the medication, or if you have side effects.

#### Lifestyle Changes

To help prevent a future stroke, maintain a healthy body weight; eat a variety of fruits,

vegetables and whole grains while limiting fatty and salty foods; increase physical activity; stop/don't start smoking; and limit alcohol use.

Work with your doctor to monitor and control any medical conditions you have, such as high blood pressure, atrial fibrillation, high cholesterol or diabetes.

#### Follow-Up Information

Be sure to keep follow-up information for your next physician appointment. It is important to keep all appointments and to write down any questions you may have.

# Think F.A.S.T.

## WARNING SIGNS OF A STROKE



### F = Facial Droop

Have person smile. If smile droops down on one side, it may be a stroke.



### A = Arm Drift

Have person hold both arms out with eyes closed. If one arm drifts down, it may be a stroke.



### S = Speech

Have person repeat a phrase like "you can't teach an old dog new tricks". If speech is slurred, absent or abnormal, it may be a stroke.



### T = Time

If person fails one or more of these tests, the person may be having a stroke. Call 911 immediately and report what you have observed.

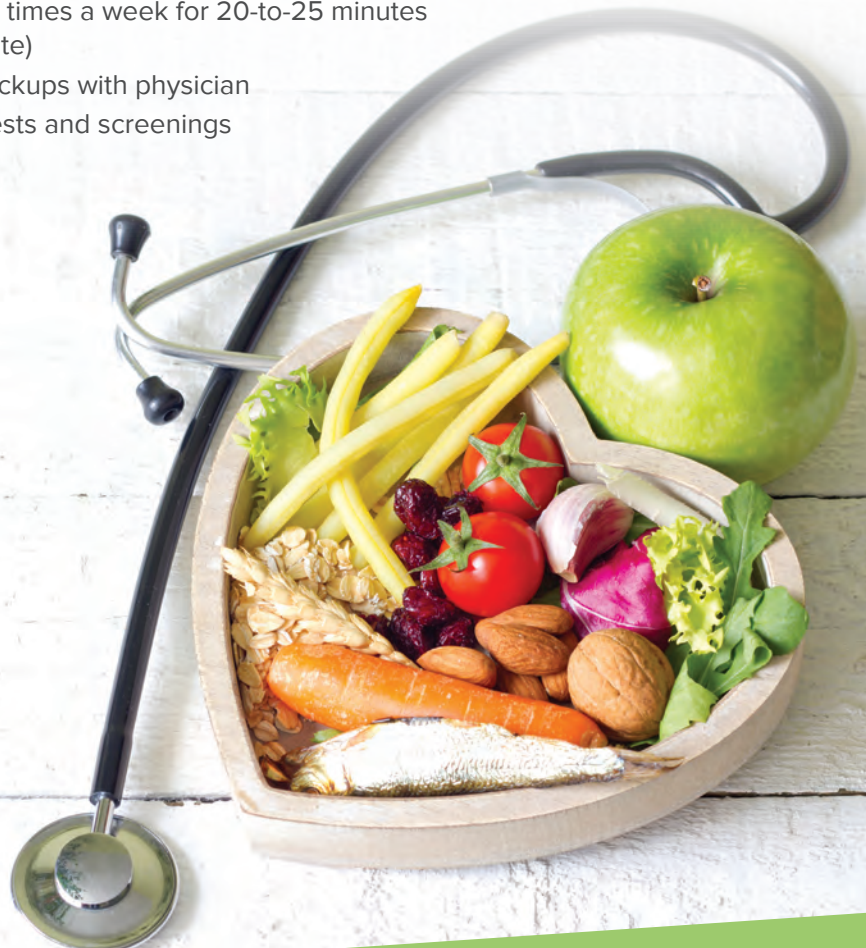
**Strokes are an emergency. It is vitally important to call 9-1-1 immediately if you or someone you know has sudden onset of any of the signs or symptoms, even if they go away.**



# Risk Reduction and Prevention of Heart Disease and Stroke

Recent studies indicate improved outcomes for patients who have been diagnosed with heart disease or suffered a stroke. Of course, there are certain risk factors that can't be controlled, such as personal/family history of stroke or heart disease, ethnicity and age. However, there are several steps you can take to reduce your risk of developing cardiovascular and neurological problems, such as:

- Lose weight if you are overweight
- Eat a healthy diet (low in saturated fat and cholesterol, and high in fruits, vegetables and whole grains)
- Lower cholesterol levels
- Lower blood pressure if high
- Manage diabetes if diagnosed
- Quit smoking
- Increase physical activity
- Exercise three-to-five times a week for 20-to-25 minutes (within target heart rate)
- Schedule annual checkups with physician
- Get recommended tests and screenings





## Quitting smoking can greatly reduce your chances of developing heart disease and stroke.

### Are you ready to quit smoking?

Your AdventHealth health care team wants to help you stay healthy. Our smoking-cessation program is designed to help you successfully stop smoking. The first step is to let your doctor or nurse know you have decided to quit. They will arrange a meeting for you with a smoking-cessation counselor. The counselor can explain the options for managing your symptoms — such as nicotine replacement therapy — and can refer you to a community support program.



### The Dangers of Smoking

- Smoking is the number-one preventable cause of death.
- Smoking harms nearly every organ of the body and severely damages your heart and lungs.
- Smoking reduces your ability to fight infections and slows recovery from surgery or illness.
- More than 16 million Americans are living with a serious disease caused by smoking.
- More than 4,000 chemicals have been identified in cigarettes, and more than 40 are known to cause cancer.
- Nicotine is more addictive than alcohol, heroin and cocaine.

*Source: Centers for Disease Control and Prevention*

# About AdventHealth

The AdventHealth Cardiovascular Institute treats more cardiology patients than any other medical facility in the United States. From around the world, patients seek out our specialists for treatment for a wide range of cardiac conditions. Increasingly, other hospitals and physicians are referring their most challenging cardiac cases to us because they know our highly skilled specialists — using the latest technologies— will provide quality care.

Treating highly complex cases means patients are inherently at higher risk. Using evidence-based care practices and comprehensive treatment, we are committed to providing quality cardiac care to all patients at each stage of their disease. The Heart Success Center and Trina Hidalgo Heart Care Center help recovering patients adopt a heart-healthy lifestyle — promoting long-term health and lifestyle changes.

The AdventHealth Neuroscience Institute is one of the most comprehensive facilities in the nation, specializing in minimally invasive brain surgery, epilepsy, spine, stroke, sleep disorders, and interventional neuroradiology. Our integrated, interdisciplinary, team approach combines state-of-the-art, minimally invasive technology with innovative research to provide patients with an exceptional, multifaceted level of care. From detection and treatment to rehabilitation, the institute is dedicated to achieving superior patient outcomes in a compassionate environment.

## More people choose AdventHealth.

- Number one in cardiology volume in the nation\*
- Number one in vascular surgery volume in the nation\*
- Number one in open-heart surgery in Florida\*
- Number one in heart-transplant surgery in the Southeast \*\*
- Number one in neurological and neurosurgical volume in the nation\*\*\*

Sources: \*2016 Medpar data; \*\*2019 Scientific Registry of Transplant Recipients; \*\*\*2018 CMS

# AdventHealth Then & Now

*Established 1866:*

**30** DOCTORS

**1** UNIQUE  
FACILITY

**106**  
PATIENTS

*Today:*

**MORE THAN**  
**80,000**  
PHYSICIANS  
& STAFF

**47** AWARD-  
WINNING  
HOSPITALS IN NINE  
STATES

**5 MILLION+**  
PATIENTS SERVED  
ANNUALLY

AdventHealth is  
recognized by *U.S. News  
& World Report* as one of  
America's best hospitals.



# Important Contact Information

## AdventHealth Locations

### **AdventHealth Altamonte Springs\***

601 East Altamonte Drive  
Altamonte Springs, FL 32701  
407-830-4321

### **AdventHealth Apopka\***

2100 Ocoee Apopka Road  
Apopka, FL 32703  
407-889-1000

### **AdventHealth Celebration\***

400 Celebration Place  
Celebration, FL 34747  
407-764-4000

### **AdventHealth East Orlando\***

7727 Lake Underhill Road  
Orlando, FL 32822  
407-303-8110

### **AdventHealth Kissimmee\***

2450 North Orange Blossom Trail  
Kissimmee, FL 34744  
407-846-4343

### **AdventHealth Lake Mary ER\*\***

950 Rinehart Rd.  
Lake Mary, FL 32746

### **AdventHealth Orlando**

601 East Rollins Street  
Orlando, FL 32803  
407-303-5600

### **AdventHealth Winter Garden\*\***

2000 Fowler Grove Boulevard  
Winter Garden, FL 34787

### **AdventHealth Winter Park\***

200 North Lakemont Avenue  
Winter Park, FL 32792  
407-646-7000

### **AdventHealth Oviedo ER\*\***

Opening Fall 2019

### **AdventHealth Waterford Lakes ER\*\***

Opening Fall 2019

\* A part of AdventHealth Orlando

\*\* A hospital department of  
AdventHealth Orlando

**Speak to a care coordinator or schedule a physician visit by calling 407-303-1700. To learn more about AdventHealth service offerings, visit us at [AdventHealth.com](http://AdventHealth.com).**

## AdventHealth Smoking-Cessation Programs

The following locations have special programs designed to help you quit smoking.

**AdventHealth Celebration\***  
407-303-4639

**AdventHealth Orlando**  
407-303-1967

**AdventHealth East Orlando\***  
407-303-6830

**AdventHealth Winter Park\***  
407-646-7070

## Smoking-Cessation Resources

**Centers for Disease Control**  
[CDC.gov/Tobacco](https://www.cdc.gov/Tobacco)

**Great Start**  
(Program for pregnant women)  
800-QUIT-NOW

**National Cancer Institute**  
[SmokeFree.gov](https://www.smokefree.gov)

**Florida Quitline**  
877-822-6669

**American Cancer Society**  
[Cancer.org](https://www.cancer.org)

**Tobacco Free Florida**  
1-800-U-CAN-NOW  
[TobaccoFreeFlorida.com](https://www.TobaccoFreeFlorida.com)

**Truth Initiative**  
(Formerly American Legacy Foundation)  
[TruthInitiative.org/Topics/Patterns-use/Cessation](https://www.TruthInitiative.org/Topics/Patterns-use/Cessation)



# Our Health Equity Promise

## Patient Protection and Affordable Care Act: Section 1557

AdventHealth complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. This facility does not exclude people or treat them differently because of race, color, national origin, age, disability or sex.

AdventHealth provides free aid and services to people with disabilities to communicate effectively with us, such as:

- Qualified sign language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)

AdventHealth provides free language services to people whose primary language is not English, such as:

- Qualified interpreters
- Information written in other languages

**If you need these services, please call 407-303-5600 x1106707**

If you believe that this facility has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex, you can file a grievance or request that someone assist you with filing a grievance at 407-200-1324 or [FH.Risk.Management@AdventHealth.com](mailto:FH.Risk.Management@AdventHealth.com).

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically, through the Office for Civil Rights Complaint Portal, available at [ocrportal.hhs.gov/ocr/portal/lobby.jsf](http://ocrportal.hhs.gov/ocr/portal/lobby.jsf), or by mail or phone at:

### U.S. Department of Health and Human Services

200 Independence Avenue, SW  
Room 509F, HHH Building Washington, D.C. 20201  
1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at [hhs.gov/ocr/office/file/index.html](http://hhs.gov/ocr/office/file/index.html).

## The statements below direct people whose primary language is not English to translation assistance:

**ATENCIÓN:** si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número siguiente.

**CHÚ Ý:** Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi theo số điện thoại dưới đây.

**注意:** 如果您使用中文, 您可以免费获得语言协助服务。请拨打下面电话号码。

**Atansyon:** Si ou pale kreyòl Ayisyen, gen sèvis asistans nan lang ou ki disponib gratis pou ou. Rele nimewo ki anba an.

**주의:** 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 아래의 번호로 전화하십시오.

**UWAGA:** Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer podany poniżej.

**ملحوظة:** اذا كنت لا تتحدث اللغة الانجليزية فان خدمات الترجمة متوفرة لك مجاناً. الرجاء الإتصال بالرقم أدناه:

**ATTENTION :** Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le numéro ci-dessous.

**PAUNAWA:** Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tawagan ang numero sa ibaba.

**ВНИМАНИЕ!** Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Для этого позвоните по нижеуказанному номеру.

**ACHTUNG:** Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufen Sie die untere Nummer an.

**सुचना:** જો તમે ગુજરાતી બોલતા હો, તો નિ:શુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. નીચેના નંબર પર ફોન કરો.

**ATENÇÃO:** Se você fala português, disponibilizamos serviços lingüísticos gratuitos. Ligue para o número abaixo.

**ध्यान दें:** यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। नीचे लिखे नम्बर पर सम्पर्क करें।

اگر شما فارسی زبان هستید، خدمات کمکی زبان بطور مجانی در دسترس شما قرار دارد. تو شماره زیر زنگ بزنید.

توجه فرمائیں۔ اگر آپ اردو بولتے/بولتی ہیں تو آپ کے لئے لسانی خدمات مفت میسر ہیں۔ ذیل میں دئیے گئے نمبر پر کال کریں۔

**注意:** 日本語でお話になりたい場合には、無料の通訳サービスをご利用いただけます。下記の番号にお電話してください。

**ໄປດຊາບ:** ຖ້າວ່າ ທ່ານເວົ້າພາສາ ລາວ, ການບໍລິການຊ່ວຍເຫຼືອ ດ້ານພາສາ, ໄດຍບໍ່ເສັຽຄ່າ, ແມ່ນມີພ້ອມໃຫ້ທ່ານ. ກະລຸນາໃຫ້ນຳເບິ່ງຊ່າງລຸ່ມ

**LUS CEEB TOOM:** Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu tus xojtooj hauv qab no.

**ATTENZIONE:** Se parlate italiano, sono disponibili dei servizi di assistenza linguistica gratuiti. Chiamare il numero sotto indicato.



  
**AdventHealth**

407-303-1700 | [AdventHealth.com](https://www.AdventHealth.com)