



# Health Information Publications Order Form

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## Instructions:

1. Please use the latest order form. Before you start, save a copy in computer to avoid losing your work.
2. Quantity guide: (a) Healthcare setting: Maximum 3 month use; (b) Community: Booth display and handouts (e.g. 5 copies, 50 copies); (c) Personal use: 1-2 copies.
3. Complete "Additional Information" section at bottom of this form if your order has: (a) No. 3 Stroke assessment and prevention pocket guide (any quantity), or (b) other publications over limits.
4. Find full ordering guidelines, publication descriptions, and latest order form at [heartandstroke.ca/publications](http://heartandstroke.ca/publications).

## Contact information:

<b>First name:</b>	<b>Last name:</b>	<b>Phone:</b>
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## Health information publications:

	<b>Stroke recovery</b>	<b>Language</b>	<b>Limit</b>	<b>Quantity</b>
<b>1</b>	A family guide to pediatric stroke (36 pages)	English	50 copies	
		French		PDF only
<b>2</b>	Post-stroke checklist pad (50 checklists/pad) <i>* for healthcare providers only</i>	English	2 pads	____ pads
		French		____ pads
<b>3</b>	Stroke assessment and prevention pocket guide (19 pages) <i>* for healthcare providers only</i>	English	30 copies	
		French		PDF only
<b>4</b>	Stroke in young adults: A resource for patients and families (64 pages)	English	PDF only	PDF only
		French		
<b>5</b>	Taking action for optimal community and long-term stroke care (TACLS) (178 pages)	English	PDF only	PDF only
		French		
<b>6</b>	TIA factsheet	English	50 copies	
		French		
<b>7</b>	Your stroke journey: A guide for people living with stroke (128 pages)	English	50 copies	
		French		



<b>Heart disease recovery</b>		<b>Language</b>	<b>Limit</b>	<b>Quantity</b>
<b>8</b>	Living well with heart disease (124 pages)	English	50 copies	
		French		
	Individual chapters can be downloaded at Publications page	English	PDF only	PDF only
		French		
<b>9</b>	Living with heart failure (84 pages)	English	50 copies	
		French		
	Individual chapters can be downloaded at Publications page	English	PDF only	PDF only
		French		
<b>10</b>	When to consider Implantable Cardioverter Defibrillator (ICD) deactivation (8 pages)	English	PDF only	PDF only
		Coming soon		
<b>11</b>	Nursing my heart back to health: My top priority (12 pages, co-developed with Capsana)	English	PDF only	PDF only
		French		
<b>Emergency signs / CPR</b>				
<b>12</b>	FAST stroke signs and heart attack signs bookmark	English	100 copies	
		French		
<b>13</b>	FAST stroke signs poster (11" x 17")	English	PDF only	PDF only
		French		
<b>14</b>	Hands-only CPR postcard	English	PDF only	PDF only
		French		
<b>15</b>	Hands-only CPR poster	English	PDF only	PDF only
		French		
<b>16</b>	Heart attack emergency checklist	English	PDF only	PDF only
		French		
<b>17</b>	Stroke emergency checklist	English	PDF only	PDF only
		French		
<b>Prevention (Risk factors)</b>				
<b>18</b>	Are you at risk for heart disease or stroke (20 pages)	English	100 copies	
		French		
<b>19</b>	Blood pressure record wallet card	English	100 copies	
		French		
<b>20</b>	Managing your blood pressure (20 pages)	English	100 copies	
		French		
<b>21</b>	How to manage your cholesterol (16 pages)	English	100 copies	
		French		
<b>22</b>	Talking to your doctor	English	PDF only	PDF only
		French		

Prevention (Healthy living)		Language	Limit	Quantity
23	100 Healthy things you can do in minutes (30 pages)	English	PDF only	PDF only
		French		
24	Healthy Weight Action Plan (42 pages)	English	PDF only	PDF only
		French		
Prevention (Promotion)				
25	Community of survivors postcard	English	100 copies	
		French		
26	Health resources flyer	English	100 copies	
		French		
Chinese				
27	Atrial fibrillation factsheet	Traditional Chinese	50 copies	
28	FAST stroke signs and heart attack signs bookmark	Simplified Chinese	100 copies	
		Traditional Chinese		
29	FAST stroke signs poster (11" x 17") <i>* While stock lasts</i>	Simplified Chinese	50 copies	
		Traditional Chinese		
30	Get your blood pressure under control (28 pages)	Traditional Chinese	PDF only	PDF only
31	Heart failure zones factsheet	Traditional Chinese	50 copies	
32	Understanding heart failure factsheet (4 pages)	Traditional Chinese	50 copies	
33	Your stroke journey: A guide for people living with stroke (128 pages)	Traditional Chinese	PDF only	PDF only
South Asian		Language	Limit	Quantity
34	FAST stroke signs and heart attack signs bookmark	Punjabi	100 copies	
35	FAST stroke signs poster (11" x 17")	Punjabi	PDF only	PDF only
36	Healthy eating factsheet: Bengali cuisine (4 pages)	English	PDF only	PDF only
	Gujarati cuisine (4 pages)	English		
	North Indian cuisine (4 pages)	English		
	Pakistani cuisine (4 pages)	English		
	Punjabi cuisine (4 pages)	English		
	South Asian cuisine (4 pages)	English		
	Sri Lankan cuisine (4 pages)	English		

## Additional information:

Please complete this section if your order has: (a) **No. 3 Stroke assessment and prevention pocket guide** (any quantity), or (b) other publications over limits.

1. What are the materials intended for? \_\_\_\_\_
2. Who is the audience? \_\_\_\_\_
3. What are your rationales for the quantities requested? e.g. number of patients treated, number of visitors to a health event  
\_\_\_\_\_
4. What is the time period over which the materials are expected to cover? \_\_\_\_\_