



Community Health—Heart Disease

The 2013 [Community Health Needs Assessment](#) for Orange, Osceola, and Seminole Counties identified the top priorities to address regarding health issues. Last month's newsletter highlighted the number one priority for Orange County—[diabetes](#). This month the focus is on the second priority—[Heart Disease](#). Click on the following links to learn more about caring for your heart.

[Preventing Heart Disease - At Any Age](#)

[Can You Recognize a Heart Attack?](#) - online quiz

[Keep the Beat: Control Your High Blood Pressure](#)

[Living With Heart Failure](#)

[Use Herbs & Spices Instead of Salt](#)



Apps of the Month Cancer apps



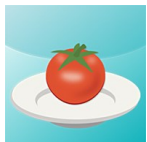
Cancer.net - provides information on specific cancers, provides a place to write questions, write/record answers, list medications, record symptoms and more. Spanish-enabled version available. Apple & Android



Oral Mucositis Care - designed to provide cancer patients information about Oral Mucositis and how to care for their mouth before, during and after cancer treatment. Dr. Feldman, dental oncologist at UF Health Cancer Center—Orlando Health, contributed to the development of this app! Apple & Android



LIVESTRONG English-Spanish Dictionary of Cancer Terms - Search more than 6,000 English and Spanish cancer-related terms. Definitions provided by the National Cancer Institute. iPhone



Ask The Nutritionist: Recipes for Fighting Cancer - Dana-Farber Cancer Institute created this app to help you find recipes for staying healthy, getting you through treatment, and living and eating healthy for the rest of your life. iPhone & Android

Summer Safety

[Safety Tips For 4th of July Holiday](#)

[Barbecue and Food Safety](#)

[The Adventures of Splish & Splash](#)

Child-friendly interactive games to teach children about pool safety

