



### Related terms:

- Heart Valve Disease
- Aortic Valve Replacement
- Transcatheter Aortic Valve Replacement (TAVR)
- Transcatheter Aortic Valve Implantation (TAVI)
- Mitral Valve Surgery
- Mitral Clip
- Mitral Valve in Valve Replacement
- Mitral Valvuloplasty
- NeoChord Mitral Valve Repair System
- Transcatheter Mitral Valve Replacement
- Tricuspid Valve in Valve Replacement

The purpose of this guide is to help patients and families find sources of information and support. This list is not meant to be comprehensive, but rather to provide starting points for information seeking. The resources may be obtained at the Mardigian Wellness Resource Center, room 2101 in the Cardiovascular Center. Visit our website at <http://www.umcvc.org/mardigian-wellness-resource-center> and online Information guides at <http://infoguides.med.umich.edu/home>

### Michigan Medicine Resources

- Department of Cardiac Surgery  
<https://medicine.umich.edu/dept/cardiac-surgery/>
  - Click on “**Patient Information**” on left side menu
  - On this page, click on “**Adult Conditions & Treatments**”
  - Click on “**Heart Valve Disease**”

The Michigan Medicine Department of Cardiac Surgery site includes information on Heart Valve Disease as well as information on Heart Valve Repair and Replacement. Information on Cardiac Surgery doctors and clinical activities are also included.



- **Michigan Medicine Frankel Cardiovascular Center Heart Valve Disease Program**
  - **Aortic Valve Disease**  
<http://www.umcvc.org/conditions-treatments/aortic-valve-disease>
    - **Transcatheter Aortic Valve Replacement (TAVR)**  
<http://www.umcvc.org/conditions-treatments/transcatheter-aortic-valve-replacement-tavr>
  - **Mitral Valve Disease**  
<https://www.umcvc.org/conditions-treatments/mitral-valve-disease>
    - **Mitral Valve Repair and Treatment**  
<https://www.umcvc.org/conditions-treatments/mitral-valve-repair-and-treatment>
  - **Tricuspid Valve Disease**  
<https://www.umcvc.org/conditions-treatments/tricuspid-valve-disease>
- **Michigan Medicine Frankel Cardiovascular Center Cardiovascular Disease Prevention & Rehabilitation program** at Domino's Farms offers a number of relevant program and services including:
  - Cardiac Rehabilitation Program
  - Exercise Consultations
  - Nutrition Services
  - Stress Management ServicesFor more information access <http://www.umcvc.org/medical-services/cardiovascular-disease-prevention-and-rehabilitation> or call: 734.888.287.1082.
- **Tobacco Consultation Service**  
Group and individual quit-smoking programs.  
For more information access:  
<http://hr.umich.edu/mhealthy/programs/tobacco/> or call (734) 998-6222  
or email [quitsmoking@med.umich.edu](mailto:quitsmoking@med.umich.edu)



### Brochures & Fact sheets

- American Heart Association
  - **Your Heart Valve Surgery**
  - **Your Mitral Valve Prolapse**
  - **What is Heart Valve Surgery**  
[https://www.heart.org/-/media/data-import/downloadables/pe-abh-what-is-heart-valve-surgery-ucm\\_300441.pdf](https://www.heart.org/-/media/data-import/downloadables/pe-abh-what-is-heart-valve-surgery-ucm_300441.pdf)
  - **What Everyone Should Know about Heart Valves**  
[https://www.heart.org/-/media/data-import/downloadables/what-everyone-should-know-about-heart-valves-ucm\\_494534.pdf](https://www.heart.org/-/media/data-import/downloadables/what-everyone-should-know-about-heart-valves-ucm_494534.pdf)
- Krames
  - **Heart Valve Surgery**
  - **Understanding Heart Valve Disease**

### Books

- Pai, Ramdas. **100 Questions & Answers about Valvular Heart Disease**. Sudbury, MA: Jones and Bartlett Publishers, 2009.
- Pick, Adam. **The Patient's Guide to Heart Valve Surgery**. Redondo Beach, CA: HeartValveSurgery.com, 2013.

### Audiovisual Resources

- American Heart Association. **Learn About Heart Valves**.  
<https://www.youtube.com/watch?v=kL6YjoA6XJY>
- Michigan Medicine Department of Cardiac Surgery. **Heart Valve Replacement**.  
<https://medicine.umich.edu/dept/cardiac-surgery/patient-information/adult-cardiac-surgery/adult-conditions-treatments/heart-valve-replacement>



- Michigan Medicine Department of Cardiac Surgery. **Mitral Valve Repair.**  
<https://medicine.umich.edu/dept/cardiac-surgery/patient-information/adult-cardiac-surgery/adult-conditions-treatments/heart-valve-repair>
- Michigan Medicine Frankel Cardiovascular Center. **Introduction to TAVR at the University of Michigan.**  
<https://www.youtube.com/watch?v=IK8W4CN1O8Q&feature=youtu.be>

### Web Resources

- **American Heart Association: Heart Valve Problems and Disease**  
<https://www.heart.org/en/health-topics/heart-valve-problems-and-disease>
- **HeartValveSurgery.com**  
<http://www.heart-valve-surgery.com/>  
This site was founded by Adam Pick, a former double heart valve surgery patient. The site provides resources to help patients learn about valves, prepare for surgery and help with their recovery. There is also an online community for patients and families.
- **National Heart, Lung, and Blood Institute: Heart Valve Disease**  
<https://www.nhlbi.nih.gov/health-topics/heart-valve-disease>  
This section provides an easy-to-read overview of risk factors, signs and symptoms, diagnosis, and treatment of heart valve disease.



- **Society of Thoracic Surgeons**  
This site provides information on Aortic, Mitral and Tricuspid Valve Disease. Information includes and overview, causes and symptoms and treatment options.
  - **Aortic Valve Disease**  
<https://ctsurgerypatients.org/adult-heart-disease/aortic-valve-disease-0>
  - **Mitral Valve Disease**  
<https://ctsurgerypatients.org/adult-heart-disease/mitral-valve-disease>
  - **Tricuspid Valve Disease**  
<https://ctsurgerypatients.org/adult-heart-disease/tricuspid-valve-disease>

### Patient Support Organization

- **American Heart Association**  
<http://www.heart.org/>  
1-800-242-8721
- **HeartValveSurgery.com**  
<http://www.heart-valve-surgery.com/>  
(888) 725-4311  
[adam@heartvalvesurgery.com](mailto:adam@heartvalvesurgery.com)

This document contains information and/or instructional materials developed by the Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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