

Bypass Surgery

INFORMATION GUIDE



Also called:

- Coronary artery bypass graft (CABG)
- Coronary artery bypass surgery

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 Mardigan Wellness Resource Center, room 2101 in the Cardiovascular Center. Visit our website at www.umcvc.org/mwrc

Brochures, Fact Sheets

- American Heart Association. **About Your Bypass Surgery: Our Guide to Understanding Coronary Artery Bypass Graft Surgery.**
- American Heart Association. **What Is Coronary Bypass Surgery?** This fact sheet is available online at: http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300434.pdf

Books

- Kligfield, Paul. Seaton,Michelle D. **The Cardiac Recovery Handbook: The Complete Guide to Life After Heart Attack Or Heart Surgery.** New York: Healthy Living Books, 2004.
- Lichtenberg, Maggie. **The Open Heart Companion: Preparation and Guidance for Open-Heart Surgery Recovery.** Sante Fe, NM: Open Heart Publishing, 2006.

Audiovisual Resources

- **Interactive tutorials on MedlinePlus.gov**

<http://www.medlineplus.gov/>

- Click on "Videos & Cool Tools"
- Click on "Surgery Videos"
- Click on any of the videos under "**Coronary Artery Bypass Surgery**"

These videos cover bypass surgery and what to expect after the procedure.

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Web Resources

- **American Heart Association: Bypass Surgery**
<http://www.heart.org/>
 - Click on "**Conditions**" near the top of the page
 - Select: "**Heart Attack**"
 - Click on "**Prevention & Treatment of Heart Attack**"
 - Scroll down and click on "**Surgical Procedures**"
 - Scroll down and click on "**Bypass Surgery**"
- **CardioSmart.org – Section on Coronary Artery Bypass Graft Surgery**
<http://www.cardiosmart.org/>
 - Under "**Heart Conditions**" click on "**Browse All Conditions (A-Z)**"
 - Check the box next to "**Treatments**"
 - Scroll down and select "**Coronary Artery Bypass Surgery**" from the list
- **The National Heart, Lung, and Blood Institute (NHLBI): Coronary Artery Bypass Grafting**
<http://www.nhlbi.nih.gov/>
 - Under "**Health Topics**" click on "**See all Health Topics**"
 - Click on "**C**"
 - Select "**Coronary Artery Bypass Grafting**" from the list

This section provides an easy-to-read overview of the procedure and what to expect before, during, and after.
- **Society of Thoracic Surgeons – Section on Adult Cardiac Surgery**
<http://www.sts.org/>
 - Click on: "**Patients**" at the top of the screen
 - Click on "**Adult Cardiac Surgery**" on the left hand side of screen
 - Click on "**CABG Information**" on the left hand side of screen

This section provides in-depth information about coronary artery bypass surgery, including a comparison with angioplasty, overview of the procedure and what to expect during recovery.

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- **UpToDate. Patient information overviews.**

<http://www.uptodate.com/>

→ Type “**CABG**” into the search box for relevant articles on this topic

These detailed, comprehensive overviews are based on professional literature reviews written for physicians and updated regularly. The overviews are very detailed and include some medical terminology. It is suitable for readers seeking to gain in-depth understanding of bypass surgery.

University of Michigan Resources

- **The 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 Services

For 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

- **University of Michigan Cardiovascular Center- Coronary Artery Bypass Grafting (CABG)**

<http://med.umich.edu/cardiac-surgery/>

→ Click on: “**Adult Conditions & Treatments**” in the box on the left hand side of screen

→ Click on: “**Coronary Artery Bypass Grafting (CABG)**” from the left hand side of screen

The U-M Cardiovascular Center’s Section of Cardiac Surgery offers descriptions of the procedure and a video describing the procedure. A downloadable version of the booklet **Heart Surgery Information for Patients and Their Families** is also available.

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Patient Support Organization

- American Heart Association
<http://www.heart.org/>
Tel.: 1-800-242-8721

This document contains information and/or instructional materials developed by the University of Michigan Health System (UMHS) for the typical patient with your condition. It may include links to online content that was not created by UMHS and for which UMHS 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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