

Bypass Surgery



Also called:

- Coronary artery bypass graft surgery
- CABG

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The purpose of this guide is to help patients preparing for or recovering from bypass surgery 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 Wellness Resource Center, room 2101 in the Cardiovascular Center.

Brochures, Fact sheets

- American Heart Association. *About Your Bypass Surgery: Our Guide to Understanding Coronary Artery Bypass Graft Surgery*

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 – Coronary Artery Bypass Graft and Open Heart Surgery – What to Expect.**
 - Access at: <http://www.medlineplus.gov/>
 - Click on “Videos & Cool Tools”
 - Click on “Interactive Tutorials”
 - Under the heading “Surgery and Treatment Procedures,” select “*Coronary Artery Bypass Graft*” or “*Open Heart Surgery – What to Expect.*”

These slide shows with voice over and graphics cover bypass surgery and what to expect after the procedure.

Web Resources

- **American Heart Association – Section on Coronary Artery Bypass**
 - Access at: <http://www.heart.org/>
 - On the red bar across the top of the page, click on “Conditions”
 - Select: “Heart Failure”
 - Click on “Prevention and Treatment of Heart Failure”
 - Click on “Surgical Procedures Without Devices”

- **CardioSmart.org – Section on Coronary Artery Bypass Graft Surgery**
 - Access at: <http://www.cardiosmart.org/>
 - Click on the link to “Learn About Heart Disease”
 - Click on “Conditions”
 - Scroll down and select “Coronary Artery Bypass Graft Surgery (CABG)” from the list

- **The National Heart, Lung, and Blood Institute (NHLBI) – Section on Coronary Artery Bypass Grafting**
 - Access at: <http://www.nhlbi.nih.gov/>
 - Click on “Search the Diseases and Conditions Index”
 - 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**
 - Access at: <http://www.sts.org/>
 - Click on: “Patient Information”
 - Click on “Adult Cardiac Surgery”

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

- **University of Michigan Cardiovascular Center- Coronary Artery Bypass Grafting (CABG)**
 - Access at: <http://www.cardiac.um-surgery.org/>
 - Click on: “Adult Conditions & Treatments”
 - Click on: “Coronary Artery Bypass Grafting (CABG)”

The U-M Cardiovascular Center’s Section of Cardiac Surgery offers descriptions of the procedure and a printable version of the booklet “Heart Surgery Information for Patients and Their Families.”

- **UpToDate. Patient information overviews.**
 - Access at: <http://www.patients.uptodate.com/>
 - Hold the mouse over “View patient-level articles by category”
 - Click on “Heart Disease”
 - Relevant articles are listed under “Coronary Artery Disease”

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 Preventive Cardiology 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.med.umich.edu/cvc/adult/serpre.htm> or call: 734.998.7400.
- **Tobacco Consultation Service**
Group and individual quit-smoking programs.
For more information access: <http://www.mhealthy.umich.edu/tobacco/> or call 734.936.5988.

Patient Support Organizations

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

This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.

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