

# Cardiomyopathy



Other names:

- Dilated cardiomyopathy
  - Familial dilated cardiomyopathy
  - Congestive cardiomyopathy
  - Idiopathic dilated cardiomyopathy
  - Hypertrophic cardiomyopathy
  - Hypertrophic obstructive cardiomyopathy
- And more

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The purpose of this guide is to help patients with cardiomyopathy and their families to 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

- Krames Communications. *Understanding Cardiomyopathy*.
- University of Michigan Cardiovascular Center. *Hypertrophic Cardiomyopathy (HCM)*. Access online at:  
[http://www.med.umich.edu/cvc/services/site\\_HCM/Brochure.pdf](http://www.med.umich.edu/cvc/services/site_HCM/Brochure.pdf)

## Book

Barry Maron and Salberg, Lisa. *Hypertrophic Cardiomyopathy for Patients, Their Families and Interested Physician*. (2nd Ed.). Hibernia NJ: Hypertrophic Cardiomyopathy Association, 2006.

## Web Resources

- **Cardiomyopathy** on Cardiosmart.org  
Access: [www.cardiosmart.org](http://www.cardiosmart.org)  
Click on "Learn about Heart Disease" and select from the list.  
Provided by the American College of Cardiology this site has detailed overviews of different types of cardiomyopathy.
- **HCMA - Hypertrophic Cardiomyopathy Association Site**  
Access at: <http://www.4hcm.org>  
An online community for people with this disorder and information about Hypertrophic cardiomyopathy, how it affects the heart, treatments and research.

- The Cardiomyopathy Association  
Access at: <http://www.cardiomyopathy.org>  
This site has easy-to-understand information on the different types of cardiomyopathy.
- **The Children's Cardiomyopathy Foundation**  
Access at: <http://www.childrenscardiomyopathy.org/>  
This site focused on cardiomyopathy in children and has information about the disease, caring for a child with cardiomyopathy and tending to a child in the hospital.
- **The National Heart, Lung, and Blood Institute (NHLBI)**  
Access at: <http://www.nhlbi.nih.gov> and click on: "Diseases and Conditions Index" and then on "cardiomyopathy"  
The section on cardiomyopathy reviews signs and symptoms, treatment and living with cardiomyopathy.
- **University of Michigan Cardiovascular Center – Learn About Cardiovascular Disease**  
Access at: <http://www.med.umich.edu/cvc/learn/index.html>  
This site links to overviews of heart conditions and disorders, tests, procedures, treatments, prevention and wellness topics.

## University of Michigan Resources

- **Hypertrophic Cardiomyopathy Clinic** at the U-M Cardiovascular Center  
The UMCVC clinic is one of only seven clinics nationwide specializing in the treatment of Hypertrophic Cardiomyopathy (HCM). The Clinic provides comprehensive, state-of-the-art diagnostic testing and genetic counseling services for adult and pediatric patients and their families with HCM  
For more information access: <http://www.med.umich.edu/cvc/> click on "Our Services" and select "Hypertrophic Cardiomyopathy Clinic" from the list.
- **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 Services
 For 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.med.umich.edu/mfit/tobacco/> or call 734.936.5988.

### Patient Support Organizations

- **Hypertrophic Cardiomyopathy Association**

Web site: <http://www.4hcm.org>

Tel.: 973-983-7429

- **The Children's Cardiomyopathy Foundation**

Web site: <http://www.childrenscardiomyopathy.org/>

Tel.: (866) 808-CURE

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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