

Heart Rhythm Disorders



Other names:

- Arrhythmias
- Atrial Fibrillation
- Paroxysmal atrial tachycardia
- Dysrhythmia
- Ventricular tachycardia and ventricular fibrillation

Last revised: June 2010

The purpose of this guide is to help patients diagnosed with a heart rhythm disorder and their 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 Wellness Resource Center, room 2101 in the Cardiovascular Center.

Brochures, Fact sheets

- Heart Failure Society of America. *Heart Rhythm Problems*. Printer friendly version available at: <http://www.abouthf.org/>
- Heart Rhythm Society.
 - *Rapid Heartbeat*
 - *Slow Heartbeat*
 - *What is Atrial Fibrillation?*
 - *Heart tests*.Access online at: <http://www.hrspatients.org/>
- University of Michigan Cardiovascular Center. *The Treatment of Atrial Fibrillation*. A 12-page handout with illustrations describing the condition and treatment options. Access online at: http://www.med.umich.edu/1libr/aha/Pt_ed_A1204.pdf

Books

- Cohen, Todd J. *A Patient's Guide to Heart Rhythm Problems*. Baltimore, MD: Johns Hopkins University Press, 2010. (forthcoming.)
- Kastor, John A. *You and Your Arrhythmia: A Guide to Heart Rhythm Problems for Patients & Their Families*. Sudbury, MA: Jones and Bartlett, 2006.

Audiovisual Resources

- **An interactive tutorial on MedlinePlus.gov - Arrhythmias**
 - Access at: <http://www.medlineplus.gov/>
 - Click on "Videos & Cool Tools"
 - Click on "Interactive Tutorials"
 - Under the heading "Diseases and Conditions," select "Arrhythmias"
 - A slide show with voice over and graphics explains the anatomy, symptoms and treatment options for heart rhythm disorders.
- **An interactive tutorial on MedlinePlus.gov - Atrial Fibrillation**
 - Access at: <http://www.medlineplus.gov/>
 - Click on "Videos & Cool Tools"
 - Click on "Interactive Tutorials"
 - Under the heading "Diseases and Conditions," select "Atrial Fibrillation"
 - A slide show with voice over and graphics explains the anatomy, symptoms and treatment options for atrial fibrillation.

Web Resources

- **C.A.R.E.** - Cardiac Arrhythmias Research and Education Foundation
Access at: <http://www.longqt.org/>
This patient support organization site provides information on living with heart rhythm disorders, genetics of arrhythmias and an interactive community forum.
- **Heart Rhythm Society**
Access at: <http://www.hrspatients.org/>
The section for patients and the public covers all types of cardiac arrhythmia disorders including diagnostic tests and treatment options.
- **HeartHub.org – section on Arrhythmia**
 - Access at: <http://www.hearhub.org/>
 - Under the "Health Centers" menu select: "Arrhythmia"
 - This section includes animations, illustrations and information on arrhythmias, pacemakers and other treatment for this condition.
- **The National Heart, Lung, and Blood Institute (NHLBI) – Sections on Arrhythmia and Atrial Fibrillation**
 - Access at: <http://www.nhlbi.nih.gov/>
 - Click on "Search the Diseases and Conditions Index"
 - Select "Arrhythmia" or "Atrial Fibrillation" from the list
 - These sections provide easy-to-read overviews of arrhythmia and atrial fibrillation including causes, symptoms, diagnosis and treatment.

- **Sudden Arrhythmia Death Syndromes (SADS) Foundation**

Access at: <http://www.sads.org/>

This organization provides education and support to families and individuals at risk for cardiac arrhythmias that can cause sudden death in young people. The site includes information on genetic counseling, drugs to avoid and living with the condition.

- **STS Patient Information** on The Society of Thoracic Surgeons (STS) Web site.

Access at: <http://www.sts.org/sections/patientinformation/> and click on "Arrhythmia Surgery".

This site has an extensive overview of the Maze procedure, which may be used to treat Atrial fibrillation.

- **UpToDate.**

- *Patient information: Atrial fibrillation*
- *Patient information: Radiofrequency catheter ablation*
- *Patient information: Implantable cardioverter-defibrillators*
- *Patient information: Cardioversion*
- *Patient information: Pacemakers*
- *Patient information: Palpitations and extra heartbeats*
- *Patient information: Wolff-Parkinson-White syndrome*

→ Access at: <http://www.patients.uptodate.com/>

→ Point your cursor over "View Patient-Level Health Topics by Category"

→ Click on "Heart Disease"

→ Select your topic from the list

These detailed, comprehensive overviews are based on professional literature reviews written for physicians. The overviews include some medical terminology. They are suitable for readers seeking to gain in-depth understanding of coronary heart disease.

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 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.mhealthy.umich.edu/tobacco/> or
call 734.936.5988.

Patient Support Organization

- **C.A.R.E.** - Cardiac Arrhythmias Research and Education Foundation
Web site: <http://www.longqt.org/>
Tel.: (800) 404-9500
- **SADS Foundation**
Website: <http://www.sads.org/>
Tel.: 1-800-STOP-SAD
- **Heart Rhythm Society**
Web site: <http://www.hrspatients.org/>
Tel.: (202) 464-3400

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.

©2010 The Regents of the University of Michigan
Document #001/ Revised June 2010
Compiled by Ruti Volk, MSI, Wellness Resource Center Librarian
Approved by Helen McFarland, RN