

# Heart Rhythm Disorders

## INFORMATION GUIDE



### Other names:

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

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 [www.umcvc.org/mwrc](http://www.umcvc.org/mwrc)

### Brochures, Fact Sheets

- Heart Failure Society of America. *Heart Rhythm Problems*. Printer friendly version available at: <http://www.abouthf.org/downloads/module10.pdf>
- Heart Rhythm Society Patient Information Sheets
  - *Rapid Heartbeat*
  - *Slow Heartbeat*
  - *Atrial Fibrillation*
  - *Heart tests*.Access online at: <http://www.hrsonline.org/Patient-Resources/Patient-Information-Sheets#axzz375IOLZZ>
- 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/cvc/175-AtrialFibrillation.pdf>

### Books

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

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### 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.
- **University of Michigan Cardiovascular Center Atrial Fibrillation Treatment Video**
  - Access at: <http://www.uofmhealth.org/media/13416>

### 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.
- **HearHub.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.

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- **The National Heart, Lung, and Blood Institute (NHLBI) – Sections on Arrhythmia and Atrial Fibrillation**

→ Access at: <http://www.nhlbi.nih.gov/>

→ Under “Health Topics” select “See all Health Topics”

→ 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/patients> and click on “Arrhythmia Surgery”.

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

- **UpToDate**

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

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

→ In the “Search Patient Content” box type in the above terms

→ Click on the magnifying glass button

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.

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### 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 ServicesFor more information access <http://www.umcvc.org/medical-services/cardiovascular-disease-prevention-and-rehabilitation> or call: 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)

### 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 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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