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 http://www.umcvc.org/mardigian-wellness-resource-center and online Information guides at http://infoguides.med.umich.edu/home

**Michigan Medicine Resources**

- **Arrhythmia Program**
  http://www.umcvc.org/conditions-treatments/abnormal-heart-rhythms
  This site provides information on different types of arrhythmias.

- **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: 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. 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
• University of Michigan Cardiovascular Center for Atrial Fibrillation Treatment Video
  Access online at: http://www.uofmhealth.org/media/13416

**Brochures, Fact Sheets**

- American Heart Association
  - What is an Arrhythmia? Factsheet
    http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300290.pdf
  - What is Atrial Fibrillation? Factsheet
    http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300294.pdf

- Heart Failure Society of America
  - Heart Rhythm Problems
    Available online at: http://www.hfsa.org/patient/patient-tools/educational-modules/module-10/

- Heart Rhythm Society Patient Information Sheets
  - Atrial Fibrillation
  - Heart Diseases and Disorders
  - Heart Tests
  - Rapid Heartbeat
  - Signs and Symptoms
  - Slow Heartbeat
  - Treatments
    Access online at: http://www.hrsonline.org/Patient-Resources/Patient-Information-Sheets

**Books**


**Audiovisual Resources**

• Heart Rhythm Society. *Atrial Fibrillation and Other Arrhythmia and Electrophysiology Animations and Illustrations*  

• University of Michigan Cardiovascular Center. *Atrial Fibrillation Treatment Video*  
  [http://www.uofmhealth.org/media/13416](http://www.uofmhealth.org/media/13416)

**Web Resources**

• Heart Rhythm Society: Patient Resources  
  The site provides information on all types of cardiac arrhythmia disorders including diagnostic tests and treatment options.

• My AFib Experience by American Heart Association  
  [https://myafibexperience.org](https://myafibexperience.org)  
  This site was created to help people living with AFib by providing quality information so they can better manage their condition and reduce risks for stroke. It also has an online community where patients and caregivers can connect with each other to give and receive support.

• The National Heart, Lung, and Blood Institute (NHLBI) – Sections on Arrhythmia and Atrial Fibrillation  
  [https://www.nhlbi.nih.gov/](https://www.nhlbi.nih.gov/)  
  → Type “Arrhythmia” or “Atrial Fibrillation” into the Search Box. These sections provide easy-to-read overviews of arrhythmia and atrial fibrillation including causes, symptoms, diagnosis and treatment.
- UpToDate
  http://www.patients.uptodate.com/
  → In the “Search Patient Content” box type in the terms below:
  - Atrial fibrillation
  - Radiofrequency catheter ablation
  - Implantable cardioverter-defibrillators
  - Cardioversion
  - Pacemakers
  - Palpitations and extra heartbeats
  - Wolff-Parkinson-White syndrome

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.

Patient Support Organizations
- SADS Foundation
  http://www.sads.org/
  Patient Support Line 1-801-948-0654
  This organization provides education and support to families and individuals at risk for cardiac arrhythmias that can cause sudden death in young people.

- Heart Rhythm Society
  http://www.hrspatients.org/
  (202) 464-3400