

Acute Coronary Syndrome (Heart Attack or Chest Pain)



INFORMATION GUIDE

Other names:

- Myocardial infarction or MI
- Acute myocardial infarction or AMI
- Heart Attack
- Coronary thrombosis
- Coronary occlusion
- Angina or chest pain

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 located off the Atrium on Floor 2 of 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>

Brochures, Fact sheets

- American Heart Association
 - **5 Ways to Lower Your Risk of a Second Heart Attack.** Available online at: http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_487881.pdf
 - **After Your Heart Attack: Our Guide to Help You Recover.**
 - **Controlling Your Risk Factors: Our Guide to Reducing Your Risk of Heart Attack and Stroke**
 - **How Will I Recover from My Heart Attack?** Available online at: http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300318.pdf
 - **What are the Warning Signs of Heart Attack?** Available online at: http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300319.pdf

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- **What is a Heart Attack?** Available online at:
http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300314.pdf
- **What is Angina?** Available online at:
http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300287.pdf
- **What is Cardiac Rehabilitation?** Available online at:
http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300341.pdf
- National Heart, Lung and Blood Institute (NHLBI)
 - **Don't Take a Chance With a Heart Attack: Know the Facts and Act Fast.** Available online at
https://www.nhlbi.nih.gov/files/docs/public/heart/heart_attack_fs_en.pdf
 - **Learn What a Heart Attack Feels Like – It Could Save Your Life.** Available online at:
https://www.nhlbi.nih.gov/files/docs/public/heart/heart_attack_low-lit_fs.pdf

Books

- Bale, Bradley. **Beat the Heart Attack Gene: A Revolutionary Plan to Prevent Heart Disease, Stroke and Diabetes.** New York, NY: Turner Publishing, 2014.
- Bonner, Dede. **The 10 Best Questions for Recovering from a Heart Attack: The Script You Need to Take Control of Your Health.** New York: Simon & Schuster, 2009.

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- Brill, Janet Bond. **Prevent a Second Heart Attack: 8 Foods, 8 Weeks to Reverse Heart Disease.** New York: Three Rivers Press, 2011.
- Fuhrman, Joel. **The End of Heart Disease: The Eat to Live Plan to Prevent and Reverse Heart Disease.** New York, NY: HarperCollins, 2016
- Gillinov, Marc. **Heart 411: The Only Guide to Heart Health You'll Ever Need.** New York: Three Rivers Press, 2012.
- Granato, Jerome E. **Living with Coronary Heart Disease.** Baltimore, MD: Johns Hopkins University Press, 2008.
- Jackson, Elizabeth. **An Ageless Woman's Guide to Heart Health: Your Path to Lifelong Wellness.** Ann Arbor, MI: Spry Publishing, 2013.
- Kauffman, Kevin. **Mayo Clinic Healthy Heart for Life!** New York: Time Home Entertainment Inc., 2012.
- Lipsky, Martin S., et al. **American Medical Association Guide to Preventing and Treating Heart Disease.** Hoboken, NY: John Wiley, 2008.
- Ozner, Michael. **Heart Attack Proof: A Six-Week Cardiac Makeover for a Lifetime of Optimal Health.** Dallas, TX: BenBella Books, 2012.
- Rippe, James, M. **Preventing and Reversing Heart Disease for Dummies.** Hoboken, NJ: John Wiley & Sons, 2015.
- Samaan, Sarah. **Best Practices for a Healthy Heart: How to Stop Heart Disease Before or After It Starts.** New York: The Experiment, 2012.
- Schembechler, Glenn "BO," Fritz Seyferth, and Kim A. Eagle. **Heart of a Champion: My 37 Year War Against Heart Disease.** Ann Arbor, MI: Ann Arbor Media Group, 2008.

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- Turner, Glenn O. and Mark B. Rosin. **Recognizing and Surviving Heart Attacks and Strokes: Lifesaving Advice You Need Now.** Columbia, MO: University of Missouri Press, 2008.
- Wallack, Marc and Colby, Jamie. **Back to Life After a Heart Crisis: A Doctor and His Wife Share Their 8 Step Cardiac Comeback Plan.** New York, NY: Penguin Group, 2010.

Audiovisual Resources

- American Heart Association. **Go Red for Women Presents ‘Just a Little Heart Attack’** Available online at:
<https://www.youtube.com/watch?v=t7wmPWTnDbE>
Shows symptoms of heart attack that women should look for. (3:13 min.)
- American Heart Association. **Watch, Learn and Live: Heart Attack**
https://watchlearnlive.heart.org/CVML_Player.php?moduleSelect=hrtatk
An interactive library with audiovisual slides focusing on Heart Attack.
- National Heart, Lung and Blood Institute (NHLBI). **Act In Time To Heart Attack Signs** Access online at:
<https://www.youtube.com/watch?v=Qouf1GMgniY>
Also available in DVD format at the Wellness Resource Center
This video shows the dramatic, moving stories of three heart attack survivors and their families. It also shows the importance of getting immediate treatment and how it can save lives. (13 min.)

Apps

- **My Cardiac Coach from the American Heart Association**
<https://www.heart.org/en/health-topics/heart-attack/heart-attack-tools-and-resources/introducing-my-cardiac-coach-a-new-app-to-empower-your-heart-attack-patients>
This free app from the American Heart Association is a personalized recovery toolkit. The app is available for both iOS and Android.

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Web Resources

- **American Heart Association**

<http://www.heart.org/>

- Near the top of the page click on “**Conditions**”
- Scroll down and click on “**Heart Attack**” for information on Heart Attack
- Type “**Angina**” in the Search Box on the top of the page for information on Angina

Information is provided on reducing the risk for heart attacks as well as information on living after a heart attack. Information covers diagnostic tests, and treatments options.

- **CardioSmart**

Heart Attack: <https://www.cardiosmart.org/Heart-Conditions/Heart-Attack>

Angina: <https://www.cardiosmart.org/Heart-Conditions/Angina>

People at risk for a heart attack can learn about lifestyle changes and treatments to improve their health. This site is provided by the American College of Cardiology and offers written information, videos and tools.

- **CDC: Heart Attack Signs and Symptoms**

https://www.cdc.gov/heartdisease/signs_symptoms.htm

Information on signs and symptoms as well as information on life after a heart attack.

- **Heartsite.com**

Heart Attack: http://heartsite.com/html/heart_attack.html

Angina: <http://heartsite.com/html/angina.html>

Detailed information with color illustrations and animation.

- **MedlinePlus**

Heart Attack: <https://medlineplus.gov/heartattack.html>

Angina: <https://medlineplus.gov/angina.html>

Information including diagnosis and tests, risk factors and prevention, treatment and life after a heart attack.

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- **National Heart, Lung, and Blood Institute (NHLBI): Heart Attack and Angina**
<http://www.nhlbi.nih.gov/>
→ In the Search Box type in “**Heart Attack**” for information on Heart Attack and then type in “**Angina**” for information on Angina
The site has information about risk factors, heart attack warning signs and symptoms, diagnosis, lifestyle changes, and a review of relevant drugs.
- **Womenshealth.gov: Heart Attack and Women**
<https://www.womenshealth.gov/heart-disease-and-stroke/heart-disease/heart-attack-and-women>
Signs, symptoms and prevention information for Women.

Michigan Medicine 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: 734.888.287.1082.
- **Tobacco Consultation Service**
Group and individual quit-smoking programs.
For more information access:
<http://hr.umich.edu/mhealthy/programs/tobacco/index.html> or call 734.998.6222.

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Patient Support Organizations

- **American Heart Association**
<http://www.heart.org/>
1-800-242-8721
- **WomenHeart: The National Coalition for Women with Heart Disease**
<http://www.womenheart.org/>
Patient centered advocacy group serving Women living with or at risk for Heart Disease.

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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