

Aortic Dissection

INFORMATION GUIDE



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>

Michigan Medicine Resources

- **Michigan Medicine Frankel Cardiovascular Center: Aortic Dissection**

<http://www.umcvc.org/conditions-treatments/aortic-dissection>

Provides information on aortic dissection. A handout and illustration are included below:

- **Thoracic Aortic Aneurysms & Dissection Do's and Don'ts**
<http://www.med.umich.edu/i/cvc/pted/505-ThoracicAorticAneurysmsDissectionsDosDonts.pdf>
- **Aortic Dissection Illustration**
<https://medicine.umich.edu/sites/default/files/content/downloads/cs-aortic-dissection.pdf>

- **The Cardiovascular Disease Prevention & Rehabilitation Program** at Domino's Farms offers a number of relevant programs and services including:

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- 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: 1-888-287-1082.

- **Tobacco Consultation Service**

Group and individual quit-smoking programs.

For more information access:

<http://hr.umich.edu/mhealthy/programs/tobacco/> or call 1-734-998-6222
or email quitsmoking@med.umich.edu

Brochures, Fact sheets

- **Vascular Cures: Aortic Dissection Educational Flyer**

https://vascularcures.org/wp-content/uploads/VC_AorticDissection_FINAL-HR.pdf

Vascular Cures is a nonprofit organization representing the millions of patients with Vascular Disease in the U.S. Their focus is on creating long-term, shared resources that accelerate development of new treatments and improve patient health.

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Audiovisual Resources

- **Society for Vascular Surgery: Aortic Dissection**
<https://vascular.org/patient-resources/vascular-conditions/aortic-dissection>
Short video (3:38) on aortic dissection.

Web Resources

- **Genetics Home Reference: Familial Thoracic Aortic Aneurysm and Dissection**
<https://ghr.nlm.nih.gov/condition/familial-thoracic-aortic-aneurysm-and-dissection>
Provides information on genetic causes of aortic dissection.
- **International Registry of Acute Aortic Dissections**
<http://www.iradonline.org/>
This site provides information for Patients and Families on Aortic Dissection and the Registry.
- **The John Ritter Foundation for Aortic Health**
<http://johnritterfoundation.org/>
This foundation is focused on thoracic aortic disease education, support, and research.

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- **National Heart, Lung, and Blood Institute (NHLBI): What Is an Aneurysm?**

<https://www.nhlbi.nih.gov/health/health-topics/topics/arm/>

This site provides information on Aneurysms including types, causes, prevention, who is at risk, diagnosis, treatments, living with, and clinical trials.

- **Vascular Cures**

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

This site provides educational information on vascular disease.

Patient Support Organization

- **Vascular Cures**

<http://vascularcures.org>

650-368-6022

info@vascularcures.org

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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