Other names:
  - Cardiac Surgery

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

  - Michigan Medicine Department of Cardiac Surgery: Patient Information
    https://medicine.umich.edu/dept/cardiac-surgery/patient-information
    Provides pre and post procedure information as well as information on
    conditions and treatment.

  - Michigan Medicine Frankel Cardiovascular Center Cardiac Surgery
    http://www.umcvc.org/conditions-treatments/cardiac-surgery
    Provides information on cardiac surgery at the University of Michigan
    Frankel Cardiovascular Center.

  - University of Michigan 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

Brochures and Fact Sheets

  - American Heart Association
    ○ How Can I Prepare for Heart Surgery?
      https://tinyurl.com/y77tqcgy
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What Happens after Heart Surgery?
https://tinyurl.com/y8mt7xhd

How Will I Be Monitored after Heart Surgery?
https://tinyurl.com/yd4lb3t

- Society of Thoracic Surgeons
  What to Expect after Heart Surgery

Books


• Wallack, Marc and Colby, J. Back to Life After a Heart Crisis: A Doctor and His Wife Share Their 8 Step Cardiac Comeback Plan. New York : Avery, 2014

Audiovisual Resources
• Your Heart Surgery: Realization and Repair (American Heart Association) https://www.youtube.com/watch?v=wMDUXJlXqpw
  This video features helpful tips from others who have successfully recovered from heart surgery, including how to plan and prepare for your surgery.

• Your Heart Surgery: Rehab and Recovery (American Heart Association) https://www.youtube.com/watch?v=Af0zMG_1A8s
  This video features helpful tips from others who have successfully recovered from heart surgery, including how to maximize your recovery at home.

Web Resources
• American Heart Association: Cardiac Procedures and Surgeries https://tinyurl.com/y54wneu5
  This site provides information on various cardiac procedures and surgeries.

• HeartValveSurgery.com http://www.heart-valve-surgery.com/
  This site is provided by author and patient, Adam Pick. The site has information on heart valve disease and surgery as well as an online community for patients and caregivers to connect.

  This page provides information on the different types of heart surgery.
Heart Surgery

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- Society of Thoracic Surgeons: The Patient Guide to Heart, Lung, and Esophageal Surgery
  http://ctsurgerypatients.org/
  This site provides information focused on before, during and after heart surgeries.

Patient Support Organization
- American Heart Association
  http://www.heart.org/
  1-800-242-8721

This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine 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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Document #1052/ Compiled by Amy Hyde, MLIS, Mardigian Wellness Resource Center Librarian