

# Heart Valve Disorders & Surgery

## INFORMATION GUIDE



Related terms:

- Mitral Valve Surgery
- Aortic Valve Replacement

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

- **Department of Cardiac Surgery**  
<https://medicine.umich.edu/dept/cardiac-surgery/>
  - Click on “**Patient Information**” on left side menu
  - On this page, click on “**Adult Conditions & Treatments**”
  - Click on “**Heart Valve Disease**”

The Michigan Medicine Department of Cardiac Surgery site includes information on Heart Valve Disease as well as information on Heart Valve Repair and Replacement. Information on Cardiac Surgery doctors and clinical activities are also included.

- **Michigan Medicine Frankel Cardiovascular Center 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/> or call (734) 998-6222  
or email [quitsmoking@med.umich.edu](mailto:quitsmoking@med.umich.edu)

### Brochures & Fact sheets

- American Heart Association
  - **Your Heart Valve Surgery**
  - **Your Mitral Valve Prolapse**
  - **What is Heart Valve Surgery** available online at  
[http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm\\_300441.pdf](http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300441.pdf)
- Krames
  - **Heart Valve Surgery**
  - **Understanding Heart Valve Disease**

### Books

- Pai, Ramdas. **100 Questions & Answers about Valvular Heart Disease.** Sudbury, MA: Jones and Bartlett Publishers, 2009.
- Pick, Adam. **The Patient's Guide to Heart Valve Surgery.** Redondo Beach, CA: HeartValveSurgery.com, 2013.

### Audiovisual Resources

- American Heart Association. **Learn About Heart Valves.**  
<https://www.youtube.com/watch?v=kL6YjoA6XJY>
- Michigan Medicine Department of Cardiac Surgery. **Heart Valve Replacement.**  
<https://medicine.umich.edu/dept/cardiac-surgery/patient-information/adult-cardiac-surgery/adult-conditions-treatments/heart-valve-replacement>



- Michigan Medicine Department of Cardiac Surgery. **Mitral Valve Repair.**  
<https://medicine.umich.edu/dept/cardiac-surgery/patient-information/adult-cardiac-surgery/adult-conditions-treatments/heart-valve-repair>

### Web Resources

- **American Heart Association – Heart Valve Problems and Disease**  
<http://www.heart.org/>
  - Click on: “**Conditions**” at the top of the page
  - Scroll down and click on: “**Heart Valve Problems and Disease**”
- **HeartValveSurgery.com**  
<http://www.heart-valve-surgery.com/>

This site was founded by Adam Pick, a former double heart valve surgery patient. The site provides resources to help patients learn about valves, prepare for surgery and help with their recovery. There is also an online community for patients and families.
- **National Heart, Lung, and Blood Institute: Heart Valve Disease**  
<https://www.nhlbi.nih.gov/>
  - Click on “**See All Topics**” under “**Health Topics**”
  - Click on “**H**”
  - Select “**Heart Valve Disease**” from the list

This section provides an easy-to-read overview of risk factors, signs and symptoms, diagnosis, and treatment of heart valve disease.

- **Society of Thoracic Surgeons: Valve Disease**  
<https://ctsurgerypatients.org/>
  - Click on “**Adult Heart Disease**”
  - From the drop down menu under “**Select Topic**” select “**Aortic Valve Disease**”, “**Mitral Valve Disease**” or “**Tricuspid Valve Disease**”

This site provides information on Aortic, Mitral and Tricuspid Valve Disease. Information includes an overview, causes and symptoms and treatment options.



### Patient Support Organization

- **American Heart Association**  
<http://www.heart.org/>  
1-800-242-8721
- **HeartValveSurgery.com**  
<http://www.heart-valve-surgery.com/>  
(888) 725-4311  
[adam@heartvalvesurgery.com](mailto:adam@heartvalvesurgery.com)

This document contains information and/or instructional materials developed by the 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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