

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 www.umcvc.org/mwrc

Brochures & Fact sheets

American Heart Association. **Your Heart Valve Surgery.**

American Heart Association. **Your Mitral Valve Prolapse.**

Krames. **Heart Valve Surgery.**

Krames Communications. **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.
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Audiovisual Resources

- **An interactive tutorials on MedlinePlus.gov – Heart Valve Replacement**

→ Access at: www.medlineplus.gov/

→ Click on "Videos & Cool Tools"

→ Click on "Interactive Tutorials"

→ Under "Surgery and Treatment Procedures", select "Heart Valve Replacement"

The slide show with voice over and graphics describes heart valve replacement surgery.



Web Resources

- **American Heart Association – Heart Valve Problems and Disease**
 - Access at: <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**
 - Access at: www.nhlbi.nih.gov/health/health-topics/by-alpha/
 - 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 Repair/Replacement Surgery**
 - Access at: <http://www.sts.org/>
 - Click on: “Patients”
 - Click on: “Valve Repair/Replacement Surgery”

In-depth information about valve surgical procedures.

University of Michigan Resources

- **Department of Cardiac Surgery**
 - Access at: <http://www.cardiac.um-surgery.org/>
 - Click on: “Adult Conditions & Treatments”
 - Click on: “Heart Valve Disease”

The U-M department of Cardiac Surgery offers descriptions of the procedures and information about the doctors and clinical activities at the center.



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

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

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