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/](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 Services

• 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 & Fact sheets
• American Heart Association
  o Your Heart Valve Surgery
  o Your Mitral Valve Prolapse
  o What is Heart Valve Surgery available online at
    http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300441.pdf

• Krames
  o Heart Valve Surgery
  o Understanding Heart Valve Disease

Books
• Pai, Ramdas. 100 Questions & Answers about Valvular Heart Disease.

• Pick, Adam. The Patient’s Guide to Heart Valve Surgery. Redondo

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

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 men 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 and 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