

Angina

INFORMATION GUIDE



Other names:

- Acute coronary syndrome
- Angina pectoris
- Chest pain
- Coronary artery spasms
- Microvascular angina
- Prinzmetal's angina
- Stable or common angina
- Unstable angina
- Variant angina

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>

Brochures, Fact sheets

- American Heart Association
 - **Understanding Angina: Our guide to managing chest discomfort from heart disease.**
 - **What is Angina?** Available online at: http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300287.pdf
- MedlinePlus
 - **Angina – When You Have Chest Pain.** Available online at: <https://medlineplus.gov/ency/patientinstructions/000088.htm>

Audiovisual Resources

- Information Television Network. **Angina.** (30 min.). Information Television Network, [2005].
Part of the public television series Healthy Body/Healthy Mind. This program features specialists discussing medications and lifestyle modifications used to manage angina.

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Web Resources

- **American Heart Association**
<http://www.heart.org/>
→ Type “**Angina**” in the Search Box on the top of the page
Explains Angina and the various types as well as risk and treatment.
- **CardioSmart.org: Angina**
<https://www.cardiosmart.org/>
→ Click on “**Heart Conditions**”
→ Click on “**Browse All Conditions (A-Z)**”
→ Select “**Angina**”
- **Heartsite.com: Angina Overview**
<http://heartsite.com/html/angina.html>
Detailed explanations of angina with color illustrations and animation.
- **The National Heart, Lung, and Blood Institute (NHLBI): Angina**
<http://www.nhlbi.nih.gov/>
→ In the Search Box type in “**Angina**”

This site provides an easy-to-read overview of angina including causes, symptoms, diagnosis and treatment.
- **UpToDate**
<http://www.patients.uptodate.com/>
→ In the “**Search Patient Content**” box type “**Angina**”
→ Relevant articles on Angina are listed. These detailed, comprehensive overviews are based on professional literature reviews written for physicians and updated regularly. The overviews include some medical terminology. They are suitable for readers seeking to gain in-depth understanding of the treatment of angina.

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Michigan Medicine Resources

- **Cardiovascular Disease Prevention and Rehabilitation** at Domino's Farms offers a number of relevant program and services including:
 - Cardiac Rehabilitation Program
 - Exercise Consultations
 - Nutrition Services
 - Stress Management Services

For more information access <http://www.umcvc.org/conditions-treatments/cardiovascular-disease-prevention-and-rehabilitation> or call at 1-888-287-1082

- **Tobacco Consultation Service**

Group and individual quit-smoking programs.

For more information access: <http://www.mhealthy.umich.edu/tobacco/> or call 734. 998-6222

Patient Support Organizations

- American Heart Association
<http://www.heart.org/>
1-800-242-8721

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