

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: <https://tinyurl.com/vasawkj>

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.

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- **CardioSmart.org: Angina**
<https://www.cardiosmart.org/Heart-Conditions/Angina>
Gives an overview of angina.
- **MedlinePlus**
Health Topics: Angina: <https://medlineplus.gov/angina.html>
Information and links to resources on Angina.
- **The National Heart, Lung, and Blood Institute (NHLBI): Angina**
<https://www.nhlbi.nih.gov/health-topics/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.

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

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- **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

This document contains information and/or instructional materials developed by the University of Michigan Health System (UMHS) for the typical patient with your condition. It may include links to online content that was not created by UMHS and for which UMHS 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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