Other names:
- Angina pectoris
- Stable or common angina
- Unstable angina
- Variant angina
- Prinzmetal's angina
- Coronary artery spasms
- Acute coronary syndrome

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

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.

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  
  Detailed explanations of angina with color illustrations and animation.

• The National Heart, Lung, and Blood Institute (NHLBI): Angina  
  http://www.nhlbi.nih.gov/  
  → Under “Health Topics” Click on “See all Health Topics”  
  → Click on “A”  
  → Select “Angina” from the list  
  This section 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.
University of Michigan 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](http://www.umcvc.org/conditions-treatments/cardiovascular-disease-prevention-and-rehabilitation) or call 1-888-287-1082

- **Tobacco Consultation Service**
  Group and individual quit-smoking programs.
For more information access: [http://www.mhealthy.umich.edu/tobacco/](http://www.mhealthy.umich.edu/tobacco/) or call 734.998-6222

Patient Support Organizations

- **American Heart Association**
  [http://www.heart.org/](http://www.heart.org/)
  1-800-242-8721