

Heart Catheterization



Including

- Angiogram
- Angiography
- Angioplasty

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The purpose of this guide is to help patients preparing for a heart catheterization with or without angioplasty 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 Wellness Resource Center, room 2101 in the Cardiovascular Center.

Brochures, Fact sheets

- Society of Interventional Radiology.
 - *Antiography*
 - *Angioplasty*
 - *Stent Placement*

Books

Ohman, Magnus ; Cox, Gail ; Fort, Stephen ; Foulger, RN. *So You're Having a Heart Cath and Angioplasty*. Hoboken, NJ: Wiley, 2003

Audiovisual Resources

- **Coronary Angiogram and Angioplasty Interactive tutorial on MedlinePlus.gov**
Access at: <http://www.medlineplus.gov>
Click on the link to Interactive Tutorials and select from the list under the heading: "Surgery and Treatment Procedures"
Slide shows with voice over and graphics explain the angioplasty and what to expect after the procedure.

Web Resources

- **Heartsite.com** – section on balloon angioplasty.
Access at: <http://heartsite.com> and click on “Procedures” on the left sidebar.
Detailed explanations of balloon angioplasty, coronary stents and drug coated stents including color illustrations and animation.
- **RadiologyInfo** – sections on Catheter Angiography and Angioplasty and Vascular Stenting
Access at: <http://www.radiologyinfo.org> and click on “Procedures A to Z” on the left sidebar.
The American College of Radiology and the Radiological Society of North America provide overviews of the procedures including how to prepare, what the equipment looks like, the risks and benefits, and the limitations of angioplasty and vascular stenting.
- **The National Heart, Lung, and Blood Institute (NHLBI)** – Sections on Angioplasty, Heart Catheterization and Coronary Angiography.
Access at: <http://www.nhlbi.nih.gov>
Click on “A-Z Diseases and Conditions Index” and select from the list
Easy-to-read overviews cover what happens before, during and after the procedures.
- **VascularWeb** – sections on Angiography and Angioplasty and Stenting
Access at: <http://www.vascularweb.org> and click on “Vascular Conditions, Tests, and Treatments”
The Society for Vascular Surgery provides overviews of the procedures as well as information about related conditions and tests.
- **University of Michigan Cardiovascular Center – Learn About Cardiovascular Disease**
Access at: <http://www.med.umich.edu/cvc/learn/index.html>
This site links to overviews of heart conditions and disorders, tests, procedures, treatments, prevention and wellness topics.

University of Michigan Resources

- **The Preventive Cardiology program** at Domino's Farms offers a number of relevant program and services Including:
 - Cardiac Rehabilitation Program
 - Exercise Consultations
 - Nutrition Services
 - Stress Management ServicesFor more information access <http://www.med.umich.edu/cvc/adult/serpre.htm> or call: 734.998.7400.
- **Tobacco Consultation Service**
Group and individual quit-smoking programs.
For more information access: <http://www.med.umich.edu/mfit/tobacco/> or call 734.936.5988.

Patient Support Organizations

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

This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.

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