

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

- American Heart Association.
 - *Your Cardiac Catheterization: Our Guide to Understanding an Important Diagnostic Procedure*
 - *Your Coronary Angioplasty: Our Guide to Percutaneous Transluminal Coronary Angioplasty (PTCA)*

Audiovisual Resources

- **Coronary Angiography and Possible Angioplasty** - an Interactive tutorial on MedlinePlus.gov
 - Access at: <http://www.medlineplus.gov/>
 - On the right-hand side, Click on "Videos & Tutorials"
 - Click on "Interactive Tutorials"
 - Under the heading "Tests and Diagnostic Procedures," select "Coronary Angiography and Possible Angioplasty"Slide shows with voice over and graphics explain the angioplasty and what to expect after the procedure.

Web Resources

- **The National Heart, Lung, and Blood Institute (NHLBI)** – Sections on Angioplasty, Cardiac Catheterization and Coronary Angiography.
 - Access at: <http://www.nhlbi.nih.gov/health/dci/index.html>
 - Scroll down to the section on "Tests and Procedures"
 - Click on "Angioplasty," "Cardiac Catheterization," or "Coronary Angiography"Easy-to-read overviews cover what happens before, during and after the procedures.

- **Society for Vascular Surgery** – sections on Angiography and Angioplasty Stenting
 - Access at: <http://www.vascularweb.org/>
 - In the red bar across the top, click on “Vascular Health”
 - On the left-hand side, click on “Vascular Conditions, Tests, and Treatments”
 - Click on “Angiogram” under “Tests” or “Angioplasty Stenting” under “Treatments”The Society for Vascular Surgery provides overviews of the procedures as well as information about related conditions and tests.

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.mhealthy.umich.edu/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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