

Carotid Artery Disease



Other names:

- CAD
- Ischemic (is-KE-mik) heart disease

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The purpose of this guide is to help people diagnosed with carotid artery disease and their families to 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 for Vascular Surgery. *Carotid Artery Disease*.

Audiovisual Resources

- **Interactive tutorial on MedlinePlus.gov:** *Carotid Endarterectomy*. 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"
A slide show with a voice-over and graphics explaining the surgery and what to expect after the procedure.

Web Resources

- **Carotid Artery Disease** overview on the U-M Vascular Surgery department website
 - Access <http://surgery.med.umich.edu/vascular/>
 - Under "Clinical Care" click on "Conditions"
 - Select "Carotid Disease"

An overview of Carotid disease and surgery at the University of Michigan Cardiovascular Center.

- **CardioSmart.org** – section on Carotid Artery Disease
Access at: <http://www.cardiosmart.org>. Click on “Condition Center” and select from the list.
- **VascularWeb.** *Carotid Artery Disease, Carotid Endarterectomy and Carotid Stenting.* Access at: <http://www.vascularweb.org>
Provided by the Society of Vascular Surgery. Click on the link to “Patient Information” and select the appropriate topic from the list.
- **The National Heart, Lung, and Blood Institute (NHLBI) – Section on Carotid Artery Disease**
Access at: <http://www.nhlbi.nih.gov/>
Click on “A-Z Diseases and Conditions Index” and select “Carotid Artery Disease” from the list
This section provides an easy-to-read overview of CAD including causes, symptoms, diagnosis and treatment.
- **Vascular Disease Foundation**
Access at: <http://www.vdf.org>
Information about several vascular diseases including carotid artery disease and related conditions. The site includes overviews, medical news and podcasts.
- **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:
 - Exercise Consultations
 - Nutrition Services
 - Stress Management Services
 For 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: 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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