

Coronary Artery Disease

INFORMATION GUIDE



Other names:

- CAD
- Coronary heart disease (CHD)
- Heart disease
- Ischemic (is-KE-mik) heart disease

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

Books, Brochures, Fact Sheets

- National Heart, Lung and Blood Institute (NHLBI). **In Brief: Your Guide to Living Well With Heart Disease.**

A four-page fact sheet. Printer-friendly version available at:

http://www.nhlbi.nih.gov/health/public/heart/other/your_guide/living_hd_fs.pdf

- National Heart, Lung and Blood Institute (NHLBI). **Your Guide to Living Well With Heart Disease.**

A 68-page booklet is a step-by-step guide to helping people with heart disease make decisions that will protect and improve their lives. A printer-friendly version is available at:

http://www.nhlbi.nih.gov/health/public/heart/other/your_guide/living_well.pdf

Books

- Cannon, Christopher P. Vierck, Elizabeth. **The New Heart Disease Handbook: Everything You Need to Know to Effectively Reverse and Manage Heart Disease.** Beverly, MA: Fair Winds Press, 2009.
- Cohen, Barry M. Hasselbring, Bobbie. **Coronary Heart Disease: A Guide to Diagnosis and Treatment.** 2nd ed. Omaha, Neb: Addicus Books, 2007.

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- DeBakey, Michael E. **The Living Heart in the 21st Century.** Amherst, N.Y.: Prometheus Books, 2012.
- Franklin, Barry and Piscatella, Joseph. **Prevent, Halt & Reverse Heart Disease: 109 Things You Can Do.** New York, NY: Workman Publishing, 2011.
- Gillinov, Marc. **Heart 411: The Only Guide to Heart Health You'll Ever Need.** New York: Three Rivers Press, 2012.
- Granato, Jerome, E. **Living with Coronary Heart Disease: A Guide for Patients and Families.** Baltimore, MD: Johns Hopkins University Press, 2008.
- Houston, Mark C. **What Your Doctor May Not Tell You About Heart Disease.** New York: Grand Central Life & Style, 2012.
- Kevin Kauffman. **Mayo Clinic Healthy Heart for Life!** New York, NY: Time Home Entertainment Inc., 2012.
- Lipsky, Martin S. [et al.]. **American Medical Association Guide to Preventing and Treating Heart Disease: Essential Information You and Your Family Need to Know about Having a Healthy Heart.** Hoboken, NJ: J. Wiley, 2008.
- Okner, Joel, & Jeremy Clorfene. **The No Bull Book on Heart Disease: Real Answers to Winning Back Your Heart and Health.** New York: Sterling, 2009.
- Roberts, Barbara H. **Treating and Beating Heart Disease: A Consumer's Guide to Cardiac Medicines.** Sudbury, MA: Jones and Bartlett, 2009.
- Samaan, Sarah. **Best Practices for a Healthy Heart: How To Stop Heart Disease Before Or After It Starts.** New York, NY: Experiment, 2012.
- Schembechler, Glenn "BO," Fritz Seyferth, & Kim A Eagle. **Heart of a Champion: My 37 Year War Against Heart Disease.** Ann Arbor, MI: Ann Arbor Media Group, 2008.

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Audiovisual Resources

- **Coronary Artery Disease** on Medlineplus.gov
<http://www.medlineplus.gov>
 - Click on: "**Videos & Tools**"
 - Click on "**Health Videos**"
 - Scroll down and select "**Coronary Artery Disease**"

Web Resources

- **American Heart Association**
<http://www.heart.org/>

A wealth of information for people living with coronary heart disease is presented in this site including news about developments in research and treatment and personal stories.
- **CardioSmart.org** –Coronary Artery Disease
<http://www.cardiosmart.org/>
 - Click on "**Heart Conditions**"
 - Click on "**Coronary Artery Disease**"
- **The National Heart, Lung, and Blood Institute (NHLBI) – Coronary Heart Disease**
<http://www.nhlbi.nih.gov/>
 - Click on "**See all Health Topics**" under Health Topics heading
 - Click on "**C**"
 - Click on "**Coronary Heart Disease**"

This section provides an easy-to-read overview of CAD including causes, symptoms, diagnosis and treatment.
- **UpToDate. Patient information overviews.**
<http://www.patients.uptodate.com/>
 - Type "**Coronary Artery Disease**" into the "**Search Patient Content**" box

These detailed, comprehensive overviews are based on a professional literature reviews written for physicians. The overviews include some medical terminology. They are suitable for readers seeking to gain in-depth understanding of coronary heart disease.

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University of Michigan Resources

- **The Cardiovascular Disease Prevention & Rehabilitation 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.umcvc.org/medical-services/cardiovascular-disease-prevention-and-rehabilitation>
or call: 734.888.287.1082
- **Tobacco Consultation Service**
Group and individual quit-smoking programs.
For more information access: <http://hr.umich.edu/mhealthy/programs/tobacco/>
or call (734) 998-6222 or email quitsmoking@med.umich.edu

Patient Support Organization

- 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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By Amy Hyde, MLIS, Mardigian Wellness Resource Center Librarian