

# *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 Nursing. *Carotid Artery Disease*.

## **Audiovisual Resources**

- **Interactive tutorial on MedlinePlus.gov:** *Carotid Endarterectomy*.

- Access at: <http://www.medlineplus.gov/>
- On the right-hand side, Click on "Videos & Tutorials"
- Click on "Interactive Tutorials"
- Under the heading "Surgery and Treatment Procedures," select "Carotid Endarterectomy"

A slide show with a voice-over and graphics explaining the surgery and what to expect after the procedure.

## **Web Resources**

- **CardioSmart.org – Section on Carotid Artery Disease**

- Access at: <http://www.cardiosmart.org/>
- Click on "Learn About Heart Disease"
- Click on "Conditions"
- Select "Carotid Artery Disease" from the list

- **National Heart, Lung, and Blood Institute (NHLBI) – Section on Carotid Artery Disease**

Access at: <http://www.nhlbi.nih.gov/>

→ Click on “Search the Diseases and Conditions Index”

→ Select “Carotid Artery Disease” from the list

This section provides an easy-to-read overview of CAD including causes, symptoms, diagnosis and treatment.

- **Society for Vascular Surgery – Sections on *Carotid Artery Disease, Carotid Endarterectomy and Carotid Stenting.***

→ Access at: <http://www.vascularweb.org/>

→ Click on “Patients and Families”

→ Click on “Vascular Conditions, Tests, and Treatments” and select a topic

- **University of Michigan Department of Vascular Surgery - Carotid Artery Disease**

→ 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.

- **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 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.mhealthy.umich.edu/tobacco](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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