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


  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


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.
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 Services

- **Tobacco Consultation Service**
  Group and individual quit-smoking programs.
  For more information access: [http://hr.umich.edu/mhealthy/programs/tobacco/](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/](http://www.heart.org/)
  1-800-242-8721