

# Heart Attack

## INFORMATION GUIDE



### Other names:

- Myocardial infarction or MI
- Acute myocardial infarction or AMI
- Acute coronary syndrome
- Coronary thrombosis
- Coronary occlusion

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](http://www.umcvc.org/mwrc)

### Brochures, Fact sheets

- American Heart Association. **After Your Heart Attack: Our guide to help you recover.**
- American Heart Association. **What is Cardiac Rehabilitation?**  
Available online at: [http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm\\_300341.pdf](http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300341.pdf)
- National Heart, Lung, and Blood Institute. **Life After a Heart Attack**  
Access online at: <http://www.nhlbi.nih.gov/health/health-topics/topics/heartattack/lifeafter.html>

### Books

- Bonner, Dede. **The 10 Best Questions for Recovering from a Heart Attack: The Script You Need to Take Control of Your Health.** New York: Simon & Schuster, 2009.
- Brill, Janet Bond. **Prevent a Second Heart Attack: 8 Foods, 8 Weeks to Reverse Heart Disease.** New York: Three Rivers Press, 2011.
- Gillinov, Marc. **Heart 411: The Only Guide to Heart Health You'll Ever Need.** New York: Three Rivers Press, 2012.

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- Samaan, Sarah. **Best Practices for a Healthy Heart: How to Stop Heart Disease Before or After It Starts.** New York: The Experiment, 2012.
- Schembechler, Glenn "BO," Fritz Seyferth, and Kim A. Eagle. **Heart of a Champion: My 37 Year War Against Heart Disease.** Ann Arbor, MI: Ann Arbor Media Group, 2008.
- Turner, Glenn O. and Mark B. Rosin. **Recognizing and Surviving Heart Attacks and Strokes: Lifesaving Advice You Need Now.** Columbia, Mo: University of Missouri Press, 2008.
- Wallack, Marc and Colby, Jamie. **Back to Life After a Heart Crisis: A Doctor and His Wife Share Their 8 Step Cardiac Comeback Plan.** New York, NY: Penguin Group, 2010.

### Audiovisual Resources

- American College of Physicians. **Acute Coronary Syndrome DVD: Preparing for Your First Doctor's Visit After Hospital Discharge and Medications After a Heart Attack.** Initiative on Acute Coronary Syndrome, 2015.  
Also available online at:  
[https://www.acponline.org/patients\\_families/products/videos/](https://www.acponline.org/patients_families/products/videos/)
  - Scroll down until you get to **Heart Health** and select the above title.
- Information Television Network. **Life After Heart Attack** (30 min.). Information Television Network, 2006.  
Part of the public television series Healthy Body/Healthy Mind this program features specialists discussing medications and lifestyle modifications that help people who suffered a heart attack return to a productive life.

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### Web Resources

- **American Heart Association: Heart Attack**  
<http://www.heart.org/>
  - On the red bar across the top of the page, click on “**Conditions**”
  - Select: “**Heart Attack**”

This section has information about reducing the risk for heart attacks as well as information on living after a heart attack. It covers diagnostic tests, treatments options, and recovering from a heart attack.
- **CardioSmart.org: Heart Attack**  
<http://www.cardiosmart.org/>
  - Click on “**Heart Conditions**” on the blue bar near the top of the page
  - Select: “**Heart Attack**”

This site is provided by the American College of Cardiology and offers written information, videos and tools.
- **MedlinePlus: Being Active after your Heart Attack**  
<https://www.nlm.nih.gov/medlineplus/ency/patientinstructions/000093.htm>
- **The National Heart, Lung, and Blood Institute (NHLBI): Section on Heart Attack**  
<http://www.nhlbi.nih.gov/>
  - Under Health Topics click on “**see all Health Topics**”
  - Click on “**H**”
  - Select “**Heart Attack**” from the list

This section provides an easy-to-read overview of heart attack, causes, symptoms, diagnosis and treatment.
- **UpToDate: Patient Information on Heart Attack**  
<http://www.patients.uptodate.com/>
  - In the “**Search Patient Content**” box
  - Type in “**Heart Attack**”

These detailed, comprehensive overviews are based on professional literature reviews written for physicians and updated regularly. 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/index.html> or call 734.998.6222.

### Patient Support Organizations

- **American Heart Association**  
<http://www.heart.org/>  
Tel.: 1-800-242-8721
- **The Mended Hearts, Inc.**  
<http://www.mendedhearts.org/>  
Information Line: 1-888-432-7899

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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