

Heart Attack



Other names:

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

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The purpose of this guide is to help patients who had a heart attack 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

- American Heart Association. *After Your Heart Attack: Our guide to help you recover.*

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.
- Chung, Edward K. *100 Questions & Answers about Heart Attack and Related Cardiac Problems.* Boston: Jones and Bartlett Publishers, 2004.
- Kligfield, Paul and Seaton, Michelle D. *The Cardiac Recovery Handbook: The Complete Guide to Life After Heart Attack Or Heart Surgery.* New York: Healthy Living Books, 2006.
- 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.

Audiovisual Resources

- **An interactive tutorial on MedlinePlus.gov – Heart Attack**
 - Access at: <http://www.medlineplus.gov/>
 - Click on “Videos & Cool Tools”
 - Click on “Interactive Tutorials”
 - Under the heading “Diseases and Conditions,” select “Heart Attack”

A slide show with voice over and graphics explains what happens during a heart attack, what a cardiac arrest is, preparing an emergency plan and heart attack prevention.
- **An interactive tutorial on MedlinePlus.gov – Cardiac Rehabilitation**
 - 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 “Cardiac Rehabilitation”

A slide show with voice over and graphics covers the eating healthy, monitored exercise and other parts of the cardiac rehabilitation program.
- Information Television Network. *Life After Heart Attack* (30 min.). Information Television Network, [2005].

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.

Web Resources

- **American Heart Association – *Section on Heart Attack***
 - Access at: <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 – *Section on Heart Attack***
 - Access at: <http://www.cardiosmart.org/>.
 - Click on the link to “Conditions Center”
 - Click on: “Acute Coronary Syndromes”

This site is provided by the American College of Cardiology and offers written information, videos and tools.

- **FamilyDoctor.org – “After a Heart Attack”**
 - Access at: <http://familydoctor.org/>
 - Click on the tab for “Conditions A to Z”
 - Scroll down to “Heart Disease & Stroke” and click on “Life After a Heart Attack”

An easy-to-read overview of the exercise recovery program after a heart attack.
- **The National Heart, Lung, and Blood Institute (NHLBI) – *Section on Heart Attack***
 - Access at: <http://www.nhlbi.nih.gov/>
 - Click on “Search the Diseases and Conditions Index”
 - 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***
 - Access at: <http://www.patients.uptodate.com/>
 - Hold the mouse over “View patient-level articles by category”
 - Click on “Heart Disease”
 - Relevant articles are listed under “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.

University of Michigan Resources

- **The Preventive Cardiology program** at Domino’s Farms offers a number of relevant program and services Including:
 - Cardiac Rehabilitation Program
 - 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: <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
- **The Mended Hearts, Inc.**
Web site: <http://www.mendedhearts.org/>
Information Line: 1-888-432-7899

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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