

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

- Chung, Edward K. *100 Questions & Answers about Heart Attack and Related Cardiac Problems.* Boston: Jones and Bartlett Publishers, 2004.
- Kligfield, Paul. 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" ; Seyferth Fritz ; Eagle, Kim A. *Heart of a Champion: My 37 Year War Against Heart Disease.* Ann Arbor, MI : Ann Arbor Media Group, 2008.
- Turner, Glenn O. ; Rosin, Mark B. *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 the link to Interactive Tutorials and select from the list under the heading: "Diseases and conditions"
A slide show with voice over and graphics explains what happens to the heart during a heart attack, heart attack symptoms and what is a cardiac arrest.
- **An interactive tutorial on MedlinePlus.gov – Cardiac Rehabilitation**
Access at: <http://www.medlineplus.gov>
Click on the link to Interactive Tutorials and select from the list under the heading: "Surgery and Treatment Procedures"
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 left sidebar click on: "diseases & conditions" and select: "Heart Attack"
This section has information covers diagnostic tests and procedures, treatments and surgeries, and recovering from a heart attack.
- **CardioSmart.org – section on Heart Attack**
Access at: www.cardiosmart.org. Click on the link to "Conditions Center" and then on: "Acute coronary syndromes"
- **Familydoctor.org – "After a heart Attack"**
Access at: <http://familydoctor.org>. Under "Conditions A to Z" click on "Heart Disease & Stroke" and then on "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 “A-Z Diseases and Conditions Index” and select “Heart Attack” from the list
This section provides an easy-to-read overview of heart attack, causes, symptoms, diagnosis and treatment.
- **University of Michigan Cardiovascular Center – Learn About Cardiovascular Disease**
Access at: <http://www.med.umich.edu/cvc/learn/index.html>
This site links to overviews of heart conditions and disorders, tests, procedures, treatments, prevention and wellness topics.
- **UpToDate.** Patient Information on Heart Attack
Access at: <http://www.patients.uptodate.com>. Point your cursor on “View patient-level health topics by category” and select “Heart Disease”. Scroll down to “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.med.umich.edu/mfit/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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