

# Heart Attack- Prevention



## 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 have a high risk for 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.
  - Are You At Risk Of Heart Attack or Stroke?
  - Controlling Your Risk Factors: Our guide to reducing your risk of heart attack and stroke
- National Heart, Lung and Blood Institute (NHLBI). *Act in Time to Heart Attack Signs*.  
Printer-friendly version available at: <http://www.nhlbi.nih.gov/>

## Books

- Arnot, Robert Burns. *Seven Steps to Stop a Heart Attack*. 1st Simon & Schuster paperback ed. New York: Simon & Schuster Paperbacks, 2006.
- Klodas, Elizabeth. *Slay the Giant*. Washington DC: American College of Cardiology, 2008.
- Mogadam, Michael. *Every Heart Attack is Preventable: How to Take Control of 20 Risk Factors & Save Your Life*. New York; London: Turnaround, 2004.
- 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

- **Act In Time To Heart Attack Signs** – National Heart, Lung and Blood Institute (NHLBI)  
Access online at: <http://www.nhlbi.nih.gov/actintime/video.htm>  
Available in DVD format at the Wellness Resource Center  
The dramatic, moving stories of three heart attack survivors and their families vividly illustrate how a real heart attack may differ from the stereotypical "movie heart attack" and how getting immediate treatment can save lives. An emergency department physician narrates the program and explains what a heart attack is, the treatments that can save lives if given quickly, and how to make a heart attack survival plan. (13 min.)
- **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.

## Web Resources

- **Act in Time to Heart Attack Signs**  
Access at: <http://www.nhlbi.nih.gov/actintime/>  
Provided by The National Heart, Lung, and Blood Institute (NHLBI), this web site aims to educate people at risk about identifying the symptoms of a heart attack and getting immediate help that will increase their risk of survival and limit the damage to the heart. The site has information about risk factors, heart attack warning signs, what to do if a person experiences symptoms, diagnosing a heart attack, reducing heart attack risk through lifestyle changes, and a review of relevant drugs.
- **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. In particular, see the subsections on: "Understanding Your Risk of Heart Attack" and "Prevention and Treatment of Heart Attack."

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

People at risk for a heart attack can learn about lifestyle changes and treatments to improve their health. This site is provided by the American College of Cardiology and offers written information, videos and tools.
- **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.

## 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  
Website: <http://www.heart.org/>  
Phone: 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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