

Heart Attack- Prevention



Other names:

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

Last revised: September 2009

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" ; 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

- **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 is a heart attack, the treatments that can save lives if given quickly, and how to make a heart attack survival plan.
- **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 during a heart attack, what is a cardiac arrest, 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 to identify the symptoms of a heart attack and get 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 drugs and a review of relevant drugs.

- **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 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**
 Access at: www.cardiosmart.org
 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 “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.

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

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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Document #006/ Revised September 2009

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