

Heart Transplantation – Post-Transplant

INFORMATION GUIDE



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 <http://www.umcvc.org/mardigian-wellness-resource-center> and online Information Guides at <http://infoguides.med.umich.edu/home>

Michigan Medicine Resources

- **University of Michigan Frankel Cardiovascular Center Heart Transplant**
<http://www.umcvc.org/conditions-treatments/heart-transplant>

Information on the Heart Transplant program at the University of Michigan.

- **University of Michigan Frankel Cardiovascular Center 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 Services

For more information access <http://www.umcvc.org/medical-services/cardiovascular-disease-prevention-and-rehabilitation>
or call: 734.888.287.1082.

- **University of Michigan Heart Transplant and LVAD Support Group**
<http://www.umcvc.org/heart-transplant-lvad-support-group>

Support group for educational information as well as social and emotional support.

- **University of Michigan Transplant Center**
<http://www.uofmhealth.org/medical-services/transplant/heart-transplant>

This site provides information on the heart transplant process here at the University of Michigan. For further information call 1.800.333.9013.

- **University of Michigan Transplant Center TransWeb.org**
<http://www.transweb.org/>

This site provided by the University of Michigan focuses on donations and transplantations. It includes people's experiences, the top 10 myths about donation, and a large collection of questions and answers.



- **University of Michigan Specialty Pharmacy Services – Transplant** provides a mail-order pharmacy for transplant patients, ensuring continuous and timely access to medications. Transplant patients can call 1.866.946.7695 or go to website - <http://www.uofmhealth.org/conditions-treatments/specialty-pharmacy-services>
- **University of Michigan Tobacco Consultation Service**
Group and individual quit-smoking programs.
For more information access: <http://www.mhealthy.umich.edu/tobacco/> or call 734.936.5988

Books, Brochures, Fact sheets

- American Society of Transplantation. **Parenthood After Transplantation.**
https://www.myast.org/sites/default/files/pdfs/Patient_Education/Patient%20Education%202016%20-%20Parenthood%20after%20Tx.pdf
- International Transplant Nurses Society. (English and Spanish)
<http://www.itns.org/>
 - Click on “**Patient Education**”
 - Select the titles below:
 - **Guide to Your Healthcare: After Heart Transplantation**
 - **Controlling GI Side Effects After Transplant: What Every Patient Should Know**
 - **Diet and Exercise After Transplant**
 - **Maintaining a Healthy Lifestyle After Transplantation**
 - **Making Your Transplant Medicines Work for You after Organ Transplant**
 - **Post-Transplant Diabetes: What Every Patient Needs to Know**
 - **Pregnancy and Parenthood After Transplant: What You Should Know**
 - **Sexual Health After Transplant: What Every Patient Should Know**
 - **Skin Cancer Risks in Transplant Recipients: Know the Facts**
 - **What Every Patient Needs to Know About Dental Care**



- United Network for Organ Sharing (UNOS)
<https://transplantliving.org/community/patient-resources/publications/>
 - **Partnering with Your Transplant Team: The Patients Guide to Transplantation**
 - **Talking about Transplantation: What Every Patient Needs to Know**

Audiovisual Resources

- International Transplant Nurses Society. **A Guide to Your Health Care After Heart Transplantation.** 2011. DVD includes both an English and Spanish version.
- **TRIO (Transplant Recipients International Organization) Transplant Presentation Library**
<http://www.trioweb.org/resources/transplant-presentation-library-dvd-program.html>
This video library includes a wide range of topics presented by world renowned speakers. Many videos are available to watch online.

Web Resources

- **American Heart Association**
<http://www.heart.org/>
This site provides educational information on heart transplants.
- **Transplant Experience**
<http://www.transplantexperience.com/>
Tools, tips and advice for people before and after organ transplantation including listings of support groups and organizations.
- **Transplant Living**
<http://www.transplantliving.org/>
Provided by the United Network for Organ Sharing this site contains information and resources for people before and after organ transplantation.



Apps

- **Transplant Hero App**

<http://www.transplanthero.com/>

This is a free App created especially for transplant patients with an interactive alarm with reminders about when to take your transplant medications. Available for both iOS and Android.

This document contains information and/or instructional materials developed by the Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine 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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