

Heart Transplantation Post-transplant



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The purpose of this guide is to help patients and families after a heart transplant 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.

Brochures, Fact sheets

- American Society of Transplantation. (English and Spanish)
 - *Medicines for Keeping Your New Heart or Lung Healthy*
 - *Parenthood After Transplantation*
 - Access at: <http://www.a-s-t.org/>
 - Click on "For Patients"
 - Click on "Patient Education Brochures"

- International Transplant Nursing Society. (English and Spanish)
 - *Heart Transplant Education Booklet*
 - *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*
 - *What Every Patient Needs To Know About Dental Care*
 - Access at: <http://www.itns.org/>
 - Click on "Transplant Patient Educational Materials"

- United Network for Organ Sharing
 - *Partnering with Your Transplant Team: The Patients Guide to Transplantation*
 - *What Every Patient Needs to Know*
 → Access at: <http://www.unos.org/resources/brochures.asp>

Web Resources

- **National Heart, Lung, and Blood Institute (NHLBI) – Section on Heart Transplant**
 - Access at: <http://www.nhlbi.nih.gov/>
 - Click on “Search the Diseases and Conditions Index”
 - Under the heading “Tests and Procedures,” select “Heart Transplant”
 This section provides an easy-to-read overview of what to expect before, during, and after a heart transplant.
- **OrganDonor.gov**
 - Access at: <http://organdonor.gov/>
 The official U.S. Government web site for organ and tissue donation and transplantation has information and fact sheets about life after transplant.
- **Transplant Experience**
 - Access at: <http://www.transplantexperience.com/>
 Tools, tips and advice for people before and after organ transplantation including listings of support groups and organizations.
- **Transplant Living**
 - Access at: <http://www.transplantliving.org/>
 Provided by the Network for Organ Sharing this site contains information and resources for people before and after organ transplantation.
- **University of Michigan – TransWeb.org**
 - Access at: <http://www.transweb.org/>
 This site provided by the University of Michigan focuses on donations and transplantations. The reference section includes articles of interest for people after organ transplantation.

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

- United Network for Organ Sharing

Web site: <http://www.unos.org/>

Tel.: (888) 894-6361

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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