

Heart Transplantation Pre-transplant



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The purpose of this guide is to help patients and families waiting for 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 Heart Association. *About Heart Transplants: Our guide for transplant patients, their families and donor families.*
- American Society of Transplantation – online patient education brochures
 - *Getting A New Heart*
 - *Who Can Become An Organ Donor?*Access at: <http://www.a-s-t.org/> and click on "For Patients"
- International Transplant Nursing Society. *Heart Transplant Education Booklet.* Access at: <http://www.itns.org> and click on: Education.
- United Network for Organ Sharing
 - *Partnering with Your Transplant Team: The Patients Guide to Transplantation*
 - *What Every Patient Needs to Know*
 - *Q & A for Transplant Candidates and Families about Multiple Listing and Waiting Time Transfer*Access at: <http://www.unos.org/resources/brochures.asp>

Books

- Young, Jeffrey W. *Patient To Provider: A Patient's Guide To Transplantation.* AuthorHouse, 2005.

Audiovisual Resources

- Information Television Network. *Organ Transplant : Making a Match*. (30 min.). Information Television Network, [2005].
Part of the public television series Healthy Body/Healthy Mind this program features specialists discussing the transplant process and anti-rejection drugs.

Web Resources

- **Organdonor.gov**
Access at: <http://organdonor.gov/>
The official U.S. Government web site for organ and tissue donation and transplantation explains transplant basics, the matching process and life after transplant.
- **transplantexperience.com**
Access at: <http://www.transplantexperience.com>
Tools, tips and advice for people before and after organ transplantation including listings of support groups and organizations.
- **Transplantliving.org**
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.
- **TransWeb.org**
Access at: <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 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: Heart transplantation

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 Failure"

This detailed, comprehensive overview is based on professional literature reviews written for physicians and updated regularly. The overview includes some medical terminology and is suitable for readers seeking to gain in-depth understanding of bypass surgery.

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

- National Transplant Assistance Fund
Website: <http://www.transplantfund.org/>
Tel: (800) 642-8399
- 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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