

Heart Disease in Women

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 www.umcvc.org/mwrc

Brochures, Fact sheets

- CardioSmart: American College of Cardiology
 - **Women and Heart Disease: A Patient Resource Guide**
Access at: <http://www.healthyheartsforwomen.com/whd/#/1/>
- National Heart, Lung and Blood Institute (NHLBI).
 - **The Heart Truth for Women Brochure**
 - **The Heart Truth for African American Women: Take Action to Protect Your Heart**
 - **The Heart Truth for Latinas: Take Action to Protect Your Heart** (English and Spanish)
 - **The Heart Truth for Women: Learn About Heart Disease**
 - **The Healthy Heart Handbook for Women**
 - **Questions to Ask Your Doctor/What's Your Risk**

Printer-friendly versions available at:

<http://www.nhlbi.nih.gov/health/educational/hearttruth/materials/index.htm>

Scroll down to find the above titles.

Books

- American Heart Association. **Complete Guide to Women's Heart Health: The Go Red for Women Way to Well-Being & Vitality.** New York: Clarkson Potter, 2009.
- American Heart Association. **The Go Red Women Cookbook: Cook Your Way to a Heart-Healthy Weight and Good Nutrition.** American Heart Association, 2013.
- Gulati, Martha. **Saving Women's Hearts: How You Can Prevent and Reverse Heart Disease with Natural and Conventional Strategies.** Mississauga, Ont: J. Wiley & Sons Canada, 2011.

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- Jackson, Elizabeth. **An Ageless Woman's Guide to Heart Health: Your Path to Lifelong Wellness.** Ann Arbor, MI: Spry Publishing, 2013.
- Kastan, Kathy. **From the Heart: A Woman's Guide to Living Well with Heart Disease.** Cambridge, MA: Da Capo Life Long, 2007.
- Kramer, Harvey M. **Woman's Guide to Heart Attack Recovery: How to Survive, Thrive and Protect Your Heart.** New York, NY: M. Evans, 2007.
- Samaan, Sarah. **The Smart Woman's Guide to Heart Health: Dr. Sarah's Seven Steps to a Heart-Loving Lifestyle: A Cardiologist's holistic Prescription for Health, Energy and Happiness.** Dallas, TX: Brown Books, 2009.
- Steinbaum, Suzanne. **Dr. Suzanne Steinbaum's Heart Book: Every Woman's Guide to a Heart-Healthy Life.** New York, NY: Avery, 2013.
- Wood, Malissa. **Smart at Heart: A Holistic 10-Step Approach to Preventing and Healing Heart Disease for Women.** Berkeley, CA: Celestial Arts, 2011.

Audiovisual Resources

- Heart Truth DVD. **Women and Heart Disease.** 10 minutes.

Web Resources

- **American Heart Association - Go Red for Women**
<http://www.goredforwomen.org/>
Provides information about heart disease along with recipes, exercises, ways to lessen stress and live healthier. Need to register to use the site but it is free.

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- **National Heart, Lung, and Blood Institute (NHLBI) - The Heart Truth for Women**
<http://www.nhlbi.nih.gov/health/educational/hearttruth/>
The site of the Red Dress Campaign includes personal stories of women affected by heart disease, and information and education on heart disease including risk factors, symptoms, and ways to keep your heart healthy.
- **National Women's Health Information Center (NWHIC)**
<http://womenshealth.gov/>
The site covers many topics relevant to women affected by cardiovascular disease including nutrition, exercise and diet, heart disease, diabetes and more.
- **WomenHeart: the National Coalition for Women with Heart Disease**
<http://www.womenheart.org/>
WomenHeart is an organization of women affected by heart disease. It includes information about heart disease in women, heart attack, statistical reports and current news.
- **Women's Heart Foundation**
<http://www.womensheart.org/>
The information on this site is relevant to women with heart disease or women who want to reduce their risk for developing heart disease. It offers sections about diet, exercise, heart disease, heart surgery, medication safety, menopause and ways to improve wellness.

University of Michigan Resources

- **Women's Heart Program at the University of Michigan Cardiovascular Center**
<http://www.umcvc.org/medical-services/womens-heart-program>
This program is one of only a few in the country to offer the full scope of cardiac treatment specifically for women. This program offers a distinctive approach to patient care that involves a team of highly skilled practitioners from many fields that specializes in women's heart care. This team includes a cardiologist, nurse practitioner, dietician, exercise physiologist, and a stress management coordinator.

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- **The Cardiovascular Disease Prevention & Rehabilitation Program** at Domino's Farms offers a number of relevant programs 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: 888.287.1082

- **Tobacco Consultation Service**

Group and individual quit-smoking programs.

For more information access:

<http://hr.umich.edu/mhealthy/programs/tobacco/> or call (734) 998-6222 or email quitsmoking@med.umich.edu

Patient Support Organization

- **WomenHeart**
<http://www.womenheart.org/>
Tel.: 202-728-7199

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