

Heart Disease in Women



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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 Wellness Resource Center, room 2101 in the Cardiovascular Center.

Brochures, Fact sheets

- National Heart, Lung and Blood Institute (NHLBI).
 - *The Heart Truth for African American Women: An Action Plan*
 - *The Heart Truth for Latinas: An Action Plan* (English and Spanish)
 - *The Heart Truth for Women: An Action Plan*
 - *The Heart Truth for Women: If You Have Heart Disease*
- Printer-friendly versions available at:
<http://www.nhlbi.nih.gov/health/hearttruth/index.htm>
→ Click on "Campaign Materials & Resources"

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.
- 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.
- Mieres, Jennifer H. *Heart Smart for Black Women and Latinas*. New York, NY: St. Martin's Griffin, 2008.
- 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.

- Sandmaier, Marian. *The Healthy Heart Handbook for Women*. [Bethesda, MD]: U.S. Dept. of Health and Human Services, National Institutes of Health, National Heart, Lung, and Blood Institute, 2007. Available on the Web at: <http://www.nhlbi.nih.gov/health/hearttruth> (Click on the link to Campaign Materials & Resources)

Audiovisual Resources

- *Heart Truth DVD. Women and Heart Disease*. 10 minutes.
- Association of Black Cardiologists. *Heart Health for the Generations: a Guide for African-American Women*. 30 minutes.

Web Resources

- **American Heart Association - Go Red for Women**
Access at: <http://www.goredforwomen.org/>
Click on "Heart Healthy at Any Age" to view heart health tools and tips for women in their twenties to sixties and beyond.
- **HeartHealthyWomen.org**
Access at: <http://hearthealthywomen.org/>
Information on this site can help women with cardiovascular disease improve survival and quality of life. Sections focus on: diseases & conditions, tests & diagnosis, treatment & recovery and health & wellness. Other useful sections include questions & answers, a news center and a list of resources.
- **National Heart, Lung, and Blood Institute (NHLBI) - The Heart Truth for Women**
Access at: <http://www.nhlbi.nih.gov/health/hearttruth>
The site of the Red Dress Campaign includes personal stories of women affected by heart disease, and information on reducing risk and menopausal hormone replacement therapy.
- **National Women's Health Information Center (NWHIC)**
Access at: <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. The site also includes several tools and calculators that can help women improve their cardiovascular health.
- **WomenHeart: the National Coalition for Women with Heart Disease**
Access at: <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**

Access at: <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. Available in English, Spanish and French.

University of Michigan Resources

- **Women's Heart Program at the University of Michigan Cardiovascular Center**

→ To access go to: <http://www.med.umich.edu/cvc/>

→ Click on "Our Services" and select from the list.

This page has information about the program and physicians.

- **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

- WomenHeart

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

Tel.: 202-728-7199

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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