Other names:

- Acute coronary syndrome
- Angina pectoris
- Chest pain
- Coronary artery spasms
- Microvascular angina
- Prinzmetal’s angina
- Stable or common angina
- Unstable angina
- Variant angina

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 found at the Mardigian Wellness Resource Center located off the Atrium on Floor 2 of the Cardiovascular Center. Visit our website at [http://www.umcvc.org/mardigian-wellness-resource-center](http://www.umcvc.org/mardigian-wellness-resource-center)

and online Information guides at [http://infoguides.med.umich.edu/home](http://infoguides.med.umich.edu/home)

**Brochures, Fact sheets**

- American Heart Association
  - **Understanding Angina**: Our guide to managing chest discomfort from heart disease.
What is Angina? Available online at: https://tinyurl.com/2fwye2uk

Web Resources

- American Heart Association
  http://www.heart.org/
  → Type “Angina” in the Search Box on the top of the page
  Explains Angina and the various types as well as risk and treatment.

- CardioSmart.org: Angina
  https://www.cardiosmart.org/Heart-Conditions/Angina
  Gives an overview of angina.

- MedlinePlus
  Health Topics: Angina: https://medlineplus.gov/angina.html
  Information and links to resources on Angina.

- The National Heart, Lung, and Blood Institute (NHLBI): Angina
  https://www.nhlbi.nih.gov/health-topics/angina
  This site provides an easy-to-read overview of angina including causes, symptoms, diagnosis and treatment.

- UpToDate
  http://www.patients.uptodate.com/
→ In the “Search Patient Content” box type “Angina”

→ Relevant articles on Angina are listed. These detailed, comprehensive overviews are based on professional literature reviews written for physicians and updated regularly. The overviews include some medical terminology. They are suitable for readers seeking to gain in-depth understanding of the treatment of angina.

**Michigan Medicine Resources**

- **Cardiovascular Disease Prevention and Rehabilitation** 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/conditions-treatments/cardiovascular-disease-prevention-and-rehabilitation](http://www.umcvc.org/conditions-treatments/cardiovascular-disease-prevention-and-rehabilitation) or call at 1-888-287-1082

- **Tobacco Consultation Service**
  Group and individual quit-smoking programs.

For more information access: [http://www.mhealthy.umich.edu/tobacco/](http://www.mhealthy.umich.edu/tobacco/) or call 734. 998-6222
Patient Support Organizations

- American Heart Association
  http://www.heart.org/
  1-800-242-8721