

# Cardiomyopathy

## INFORMATION GUIDE



### Other Names:

- Arrhythmogenic Right Ventricular Cardiomyopathy/Dysplasia
- Dilated Cardiomyopathy
- Familial Dilated Cardiomyopathy
- Congestive Cardiomyopathy
- Idiopathic Dilated Cardiomyopathy
- Hypertrophic Cardiomyopathy
- Hypertrophic Obstructive Cardiomyopathy  
and more

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 located off the Atrium on Floor 2 of the Cardiovascular Center. Visit our website at <http://www.umcvc.org/mardigian-wellness-resource-center> and online Information guides at <http://infoguides.med.umich.edu/home>

### Michigan Medicine Resources

- **The Cardiovascular Disease Prevention & Rehabilitation Program** at Domino's Farms offers a number of relevant program and services including:
  - Cardiac Rehabilitation Program
  - Exercise Consultations
  - Nutrition Services
  - Stress Management Services<http://www.umcvc.org/medical-services/cardiovascular-disease-prevention-and-rehabilitation> or call: 1-888-287-1082.
- **Hypertrophic Cardiomyopathy Clinic** at the U-M Cardiovascular Center <http://www.umcvc.org/medical-services/hypertrophic-cardiomyopathy>  
This clinic is one of only seven clinics nationwide specializing in the treatment of Hypertrophic Cardiomyopathy (HCM). The Clinic provides comprehensive, state-of-the-art diagnostic testing and genetic counseling services for adult and pediatric patients and their families with HCM.  
or call 1-888-287-1082.
- **Tobacco Consultation Service**  
Group and individual quit-smoking programs.  
<http://www.mhealthy.umich.edu/tobacco/> or call 734-936-5988.

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### Brochures, Fact sheets

- Krames Communications. **Understanding Cardiomyopathy.**
- University of Michigan Cardiovascular Center. **Hypertrophic Cardiomyopathy (HCM).**

### Book

Maron, Barry and Salberg, Lisa. **Hypertrophic Cardiomyopathy for Patients, Their Families and Interested Physician.** (2nd Ed.). Hibernia NJ: Hypertrophic Cardiomyopathy Association, 2006.

### Web Resources

- **American Heart Association**  
<http://www.heart.org/HEARTORG/>
  - Click on “**Conditions**” near the top of the page
  - Scroll down and click on “**Cardiomyopathy in Adults**”
- **The Cardiomyopathy Association**  
<http://www.cardiomyopathy.org/>  
This site has easy-to-understand information and booklets on the different types of cardiomyopathy.
- **The Children's Cardiomyopathy Foundation**  
<http://www.childrenscardiomyopathy.org/>  
This site focused on cardiomyopathy in children and has information about the disease, caring for a child with cardiomyopathy, and tending to a child in the hospital.
- **Genetic and Rare Diseases (GARD) Information Center**  
<https://rarediseases.info.nih.gov/>
  - In the “**Search for a Condition**” box type in **Cardiomyopathy**
  - Click on the type of Cardiomyopathy that interests youInformation provided includes symptoms, diagnosis, tests, treatment, and research.

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- **Genetics Home Reference**  
<http://ghr.nlm.nih.gov>
  - In the “**Search**” box type in **Cardiomyopathy**
  - Click on the type of Cardiomyopathy that interests youThis site provides educational information on Cardiomyopathy including genetic information as well as recent literature.
- **Hypertrophic Cardiomyopathy Association Site (HCMA)**  
<http://www.4hcm.org/>  
This is an online community for people with this disorder which includes information about hypertrophic cardiomyopathy, how it affects the heart, treatments and research.
- **The National Heart, Lung, and Blood Institute (NHLBI): Cardiomyopathy**  
<https://www.nhlbi.nih.gov/health-topics/cardiomyopathy>  
The site reviews signs and symptoms, treatment and living with cardiomyopathy.

### Patient Support Organizations

- **Children's Cardiomyopathy Foundation**  
<http://www.childrenscardiomyopathy.org/>  
866-808-CURE
- **Hypertrophic Cardiomyopathy Association**  
<http://www.4hcm.org/>  
973-983-7429
- **Sudden Arrhythmia Death Syndrome (SADS) Foundation**  
**Cardiomyopathy Association**  
<http://www.sads.org>  
1-800-STOP-SAD or 801-531-0937

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