Other names:
- Arrhythmias
- Atrial Fibrillation
- Paroxysmal Atrial Tachycardia
- Dysrhythmia
- Ventricular Tachycardia and Ventricular Fibrillation

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 http://www.umcvc.org/mardigian-wellness-resource-center and online Information guides at http://infoguides.med.umich.edu/home

**Michigan Medicine Resources**

- **Arrhythmia Program**
  http://www.umcvc.org/conditions-treatments/abnormal-heart-rhythms
  This site provides information on different types of arrhythmias.

- **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
  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

- **University of Michigan Cardiovascular Center for Atrial Fibrillation Treatment Video**
  Access online at: http://www.uofmhealth.org/media/13416
Brochures, Fact Sheets
- American Heart Association
  - What is an Arrhythmia? Factsheet [https://tinyurl.com/y3hrb63z](https://tinyurl.com/y3hrb63z)
  - What is Atrial Fibrillation? Factsheet [https://tinyurl.com/yv3aj2a8](https://tinyurl.com/yv3aj2a8)

Books

Audiovisual Resources
- University of Michigan Cardiovascular Center. Atrial Fibrillation Treatment Video [http://www.uofmhealth.org/media/13416](http://www.uofmhealth.org/media/13416)

Web Resources
The site provides information on all types of cardiac arrhythmia disorders including diagnostic tests and treatment options.
• My AFib Experience by American Heart Association
  https://myafibexperience.org
  This site was created to help people living with AFib by providing quality information so they can better manage their condition and reduce risks for stroke. It also has an online community where patients and caregivers can connect with each other to give and receive support.

• The National Heart, Lung, and Blood Institute (NHLBI) – Sections on Arrhythmia and Atrial Fibrillation
  https://www.nhlbi.nih.gov/
  → Type “Arrhythmia” or “Atrial Fibrillation” into the Search Box. These sections provide easy-to-read overviews of arrhythmia and atrial fibrillation including causes, symptoms, diagnosis and treatment.

• UpToDate
  http://www.patients.uptodate.com/
  → Scroll down to the “Search Patient Content” box and type in the terms below:
  o Atrial fibrillation
  o Radiofrequency catheter ablation
  o Implantable cardioverter-defibrillators
  o Cardioversion
  o Pacemakers
  o Palpitations and extra heartbeats
  o Wolff-Parkinson-White syndrome
  These detailed, comprehensive overviews are based on professional literature reviews written for physicians. The overviews include some medical terminology. They are suitable for readers seeking to gain in-depth understanding of coronary heart disease.

Patient Support Organizations

• My AFib Experience (American Heart Association)
  https://myafibexperience.org
• SADS Foundation
  http://www.sads.org/
  Patient Support Line 1-801-948-0654
  This organization provides education and support to families and
  individuals at risk for cardiac arrhythmias that can cause sudden death in
  young people.

• UpBeat for Patients and Caregivers (Heart Rhythm Society)
  https://www.upbeat.org/