

# Heart Transplant

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

### Michigan Medicine Resources

- **Michigan Medicine Frankel Cardiovascular Center Heart Transplant Program**  
<http://www.umcvc.org/conditions-treatments/heart-transplant>  
Information on the Heart Transplant program at the University of Michigan.
- **Michigan Medicine Frankel Cardiovascular Center 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 ServicesFor more information access <http://www.umcvc.org/medical-services/cardiovascular-disease-prevention-and-rehabilitation>  
or call: 734.888.287.1082

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- **Michigan Medicine Frankel Cardiovascular Center Transplant and LVAD Support Group**

<http://www.umcvc.org/heart-transplant-lvad-support-group>

Support group for educational information as well as social and emotional support.

- **University of Michigan Transplant Center**

<http://www.uofmhealth.org/medical-services/transplant/heart-transplant>

This site provides information on the heart transplant process here at the University of Michigan. For further information, call 1.800.333.9013.

- **University of Michigan Transplant Center TransWeb.org**

<http://www.transweb.org/>

This site provided by the University of Michigan focuses on donations and transplantations. It includes people's experiences, the top 10 myths about donation, and a large collection of questions and answers.

- **University of Michigan Tobacco Consultation Service**

Group and individual quit-smoking programs.

For more information access: <http://www.mhealthy.umich.edu/tobacco/> or call 734.936.5988

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### Brochures, Fact sheets

- American Heart Association. **About Heart Transplants: Our guide for transplant patients, their families and donor families.**
- American Society of Transplantation. **Getting A New Heart: Information for Patients about Heart Transplant**  
<https://tinyurl.com/y5tla726>
- American Society of Transplantation. **Being a Parent After Transplantation.**  
<https://tinyurl.com/2fh49cn6>
- National Institute of Dental and Craniofacial Research (NIDCR). **Organ or Stem Cell Transplant and Your Mouth**  
<https://tinyurl.com/y5bmmhv4>
- United Network for Organ Sharing (UNOS) Transplant Living  
<https://transplantliving.org/> Select **“Patient Brochures”** from the bottom of the screen
  - **What Every Patient Needs to Know** (English and Spanish)
  - **Q & A for Transplant Candidates and Families about Multiple Listing and Waiting Time Transfer** (English and Spanish)

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### Audio Visual Resources

- **TRIO (Transplant Recipients International Organization) Transplant Presentation Library**

<http://www.trioweb.org/resources/transplant-presentation-library-dvd-program.html>

This video library includes a wide range of topics presented by world renowned speakers. Many videos are available to watch online.

### Web Resources

- **American Heart Association**

<http://www.heart.org/>

This site provides educational information on heart transplants.

- **American Organ Transplant Association**

<http://www.aotaonline.org/>

Helps transplant patients with transportation to and from their transplant center.

- **American Society of Transplantation: Patient Information**

<https://www.myast.org/patient-information/patient-information>

This site provides patient information and resources on transplantation.

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- **Donate Life America**

<https://www.donatelife.net/>

Donate life provides donor education programs, manages the National Donate Life Registry and helps to promote donation.

- **Gift of Life Michigan**

<http://www.giftoflifemichigan.org/>

This site provides answers to common questions about donation as well as data and information for donor families.

- **HealthWell Foundation**

<https://www.healthwellfoundation.org/>

An organization providing financial assistance to help cover the cost of prescriptions, copayments, deductibles, and health insurance premiums.

- **HelpHopeLive**

<https://helphopelive.org/>

This site provides guidance, tools and resources for fundraising and transplant campaigns.

- **LifeLink Foundation**

<http://www.lifelinkfoundation.org/>

This site provides information on organ donation as well as information for donor families.

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- **National Foundation for Transplants**

<http://www.transplants.org/>

NFT provides fundraising assistance and services for transplant patients and families.

- **National Heart, Lung and Blood Institute (NHLBI) – Section on Heart Transplant**

<https://www.nhlbi.nih.gov/health-topics/heart-transplant>

This site provides an easy-to-read overview of what to expect before, during and after a heart transplant.

- **OrganDonor.gov**

<http://organdonor.gov/>

The official U.S. Government web site for organ and tissue donation and transplantation explains transplant basics, the matching process and life after transplant.

- **Organ Procurement and Transplantation Network**

<https://optn.transplant.hrsa.gov/>

This site run by the U.S. Department of Health and Human Services provides news, data and educational information about transplants.

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- **Scientific Registry of Transplant Recipients**

<http://www.srtr.org/>

Provides a searchable database that lets you find and compare transplant programs.

- **Second Chance at Life**

<https://www.secondchanceatlife.org/>

Second Chance at Life provides financial support to transplant patients in Michigan who cannot otherwise afford prescriptions, medical bills, and other necessities during and/or after a transplant.

- **United Network for Organ Sharing (UNOS)**

<https://www.unos.org/>

UNOS manages the nation's organ transplant system under contract with the federal government. Their site provides information on the transplant process.

- **United Network for Organ Sharing (UNOS) Transplant Living**

<http://www.transplantliving.org/>

This site provides accurate, unbiased and easy-to-understand information about the transplant experience. Also has a searchable database to help one find nearby support groups.

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### Apps

- **Transplant Hero App**

<http://www.transplanthero.com/>

This is a free App created especially for transplant patients with an interactive alarm with reminders about when to take your transplant medications. Available for both iOS and Android.

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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