

# Vascular Malformations

## INFORMATION GUIDE



Other names:

- Arterial Malformation
- Arteriovenous Malformation (AVM)
- Birthmarks
- Congenital Vascular Malformation (CVM)
- Hemangioma
- Lymphatic Malformation (LM)
- Vascular Tumor
- Venous Malformation (MV)

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>

### Brochures, Fact sheets

- Vascular Cures. **Congenital Vascular Malformation**  
<http://www.vascularcures.org/images/VDF-Diseases-Flyers/congenital-vascular-malformation-flyer%20Vascular%20Cures.pdf>

### Web Resources

- **American Stroke Association: What Is an Arteriovenous Malformation (AVM)?**  
[http://www.strokeassociation.org/STROKEORG/AboutStroke/TypesofStroke/HemorrhagicBleeds/What-Is-an-Arteriovenous-Malformation-AVM\\_UCM\\_310099\\_Article.jsp#.W2tU3ChKi70](http://www.strokeassociation.org/STROKEORG/AboutStroke/TypesofStroke/HemorrhagicBleeds/What-Is-an-Arteriovenous-Malformation-AVM_UCM_310099_Article.jsp#.W2tU3ChKi70)  
Provides information on AVM's including symptoms and bleeding and diagnosis and treatment.

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- **American Venous Forum**  
This site has overviews, articles and videos about vascular conditions.  
<http://veinforum.org/>
  - Click on “**For Patients**”
  - Click on “**What is Vein Disease**”
  - Scroll down and click on “**Vascular Malformations**”
  - Scroll down and click on “**Chapter 19: Vascular Malformations**”
- **National Institute of Neurological Disorders and Stroke (NINDS): Arteriovenous Malformations and Other Vascular Lesions**  
<https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Fact-Sheets/Arteriovenous-Malformation-Fact-Sheet>  
Provides information on Arteriovenous Malformation as well as other vascular lesions.
- **Vascular Birthmarks Foundation (VBF)**  
<http://birthmark.org/>  
This site has general information on vascular malformations as well as information from VBF experts.
- **Vascular Cures**  
<http://vascularcures.org/>
  - Under “Patients” click on “**Types of Vascular Disease**”
  - Select the terms below from the left hand side of the page.
    - **Arteriovenous Malformation**
    - **Congenital Vascular Malformation**

This site provides information on various vascular conditions as well as patient videos and stories.

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### Michigan Medicine Resources

- **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](mailto:quitsmoking@med.umich.edu)
- **Michigan Medicine Health Information Management**  
<http://www.med.umich.edu/i/him/ROI/index.html>  
This site provides information about your medical records at the University of Michigan. You can also sign up for the Myuofmhealth.org Patient Portal here.
- **Michigan Medicine Vascular and Interventional Radiology**  
<http://www.uofmhealth.org/medical-services/vascular-and-interventional-radiology>  
Vascular and interventional radiology is a cutting-edge medical specialty that encompasses image-guided minimally invasive procedures which minimize hospital stays and patient recovery time.

### Patient Support Organizations

- **Vascular Birthmarks Foundation**  
<http://birthmark.org/>  
877-VBF-4646
- **Vascular Cures**  
<http://vascularcures.org/>  
650.368.6022

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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