Other names:

- Atherosclerosis
- CAD
- Coronary heart disease (CHD)
- Hardening of the arteries
- Heart disease
- Ischemic (is-KE-mik) heart disease
- Narrowing of the arteries

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

Books, Brochures, Fact Sheets

- Michigan Medicine. What is Ischemic Heart Disease and Stroke.  
  http://www.med.umich.edu/1libr/CCG/IHDshort.pdf


  A 68-page booklet is a step-by-step guide to helping people with heart disease make decisions that will protect and improve their lives  A printer-friendly version is available at: http://www.nhlbi.nih.gov/health/public/heart/other/your_guide/living_well.pdf
Books


**Audiovisual Resources**

• *Living with and Managing Coronary Artery Disease*. National Heart Lung and Blood Institute (NHLBI)  
  [http://youtu.be/V8lEeqTvBk4](http://youtu.be/V8lEeqTvBk4)  
  Describes coronary artery disease (CAD), its symptoms and complications, and ways to manage CAD risk factors. 3:58 minutes

**Web Resources**

• *American Heart Association*  
  [http://www.heart.org/](http://www.heart.org/)  
  A wealth of information for people living with coronary heart disease is presented in this site including news about developments in research and treatment and personal stories.
• CardioSmart.org – Coronary Artery Disease
  http://www.cardiosmart.org/
  → Click on “Heart Conditions”
  → Click on “Coronary Artery Disease”

• The National Heart, Lung, and Blood Institute (NHLBI) – Coronary Heart Disease
  http://www.nhlbi.nih.gov/
  → Click on “Health Topics A-Z” near the top of the page
  → Click on “C”
  → Click on “Coronary Heart Disease”
  This section provides an easy-to-read overview of CAD including causes, symptoms, diagnosis and treatment.

• UpToDate. Patient Information Overviews on Coronary Artery Disease
  http://www.patients.uptodate.com/
  → In the “Search Patient Content” box type in “Coronary Artery Disease”
  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.

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
  For more information access http://www.umcvc.org/medical-services/cardiovascular-disease-prevention-and-rehabilitation
  or call: 734.888.287.1082
• 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

Patient Support Organization
• American Heart Association
  http://www.heart.org/
  1-800-242-8721