

Angina



Other names:

- Angina pectoris
- Stable or common angina
- Unstable angina
- Variant angina
- Prinzmetal's angina
- Coronary artery spasms
- Acute coronary syndrome

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The purpose of this guide is to help people diagnosed with angina and their families to 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 Wellness Resource Center, room 2101 in the Cardiovascular Center.

Brochures, Fact sheets

- American Heart Association. *Understanding Angina: Our guide to managing chest discomfort from heart disease.*

Audiovisual Resources

- **Angina – an Interactive tutorial on MedlinePlus.gov**
Access at: <http://www.medlineplus.gov>
Click on the link to Interactive Tutorials and select from the list under the heading: "Diseases and conditions"
A slide show with voice over and graphics explains symptoms, and treatment options for angina.
- Information Television Network. *Angina.* (30 min.). Information Television Network, [2005].
Part of the public television series Healthy Body/Healthy Mind this program features specialists discussing medications and lifestyle modifications used to manage angina.

Web Resources

- **CardioSmart.org** – sections on Angina Pectoris, Stable and Angina Pectoris, Unstable
Access at: www.cardiosmart.org. Click on the link to "Learn About Heart Disease" and select from the list.

- **Heartsite.com** – Angina overview
Access at: <http://heartsite.com/html/angina.html>
Detailed explanations of angina with color illustrations and animation.

- **The National Heart, Lung, and Blood Institute (NHLBI) – Section on Angina**
Access at: <http://www.nhlbi.nih.gov>
Click on “A-Z Diseases and Conditions Index” and select “Angina” from the list
This section provides an easy-to-read overview of angina including causes, symptoms, diagnosis and treatment.

- **University of Michigan Cardiovascular Center – Learn About Cardiovascular Disease**
Access at: <http://www.med.umich.edu/cvc/learn/index.html>
This site links to overviews of heart conditions and disorders, tests, procedures, treatments, prevention and wellness topics.

- **UpToDate.**
 - *Patient information: Angina treatment – Medical Therapy*
 - *Patient information: Angina treatment - Medical versus interventional treatment*
 - *Patient information: Chest pain*

Access at: <http://www.patients.uptodate.com>. Point your cursor on “View patient-level health topics by category” and select “Heart Disease”. Scroll down to “Angina”
These detailed, comprehensive overviews are based on professional literature reviews written for physicians and updated regularly. The overviews include some medical terminology. They are suitable for readers seeking to gain in-depth understanding of the treatment of angina.

University of Michigan Resources

- **The Preventive Cardiology 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.med.umich.edu/cvc/adult/serpre.htm>
or call: 734.998.7400.

- **Tobacco Consultation Service**

Group and individual quit-smoking programs.

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

Patient Support Organizations

- American Heart Association

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

Tel.: 1-800-242-8721

This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.

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