

# ***Coronary Artery Disease***



Other names:

- CAD
- Coronary heart disease (CHD)
- Heart disease
- Ischemic (is-KE-mik) heart disease

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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 Wellness Resource Center, room 2101 in the Cardiovascular Center.

## **Brochures, Fact sheets**

- National Heart, Lung and Blood Institute (NHLBI). *In Brief: Your Guide to Living Well With Heart Disease.*

A four-page fact sheet. Printer-friendly version available at:

<http://www.nhlbi.nih.gov/>

- National Heart, Lung and Blood Institute (NHLBI). *Your Guide to Living Well With Heart Disease.*

A 72-page booklet is a step-by-step guide to helping people with heart disease make decisions that will protect and improve their lives. This booklet may be ordered by phone at 301-592-8573 or 240-629-3255 (TTY). A printer-friendly version available at: <http://www.nhlbi.nih.gov/>

## **Books**

- Cannon, Christopher P. Vierck, Elizabeth. *The New Heart Disease Handbook: Everything You Need to Know to Effectively Reverse and Manage Heart Disease.* Beverly, MA : Fair Winds Press, 2008.
- Cohen, Barry M. Hasselbring, Bobbie. *Coronary Heart Disease: A Guide to Diagnosis and Treatment.* 2<sup>nd</sup> ed. Omaha, Neb: Addicus Books, 2007.

- Granato, Jerome, E. *Living with Coronary Heart Disease: A Guide for Patients and Families*. Baltimore : Johns Hopkins University Press, 2008.
- Lipsky, Martin S. [et al.]. *American Medical Association Guide to Preventing and Treating Heart Disease : Essential Information You and Your Family Need to Know about Having a Healthy Heart*. Hoboken, N.J. : J. Wiley, c2008.
- Okner, Joel ; Clorfene, Jeremay. *The No Bull Book on Heart Disease: Real Answers to Winning Back Your Heart and Health*. New York : Sterling, 2009.
- Schembechler, Glenn "BO" ; Seyferth Fritz ; Eagle, Kim A. *Heart of a Champion: My 37 Year War Against Heart Disease*. Ann Arbor, MI : Ann Arbor Media Group, 2008.

## Audiovisual Resources

- Healthy Roads Media. Coronary Artery Disease (CAD).
  - Access online at: <http://www.healthyroadsmedia.org>
  - On the left side-bar click on: "Heart"
  - A short slide show with a voice-over.
- Information Television Network. *Heart Disease*. (30 min.). Information Television Network, [2005].
  - Part of the public television series Healthy Body/Healthy Mind this program features specialists discussing the ways to manage and control coronary heart disease.

## Web Resources

- **American Heart Association**  
 Access at: <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** – section on Coronary Artery Disease  
 Access at: [www.cardiosmart.org](http://www.cardiosmart.org). Click on the link to "Learn About Heart Disease" and select from the list.
- **The National Heart, Lung, and Blood Institute (NHLBI) – Section on Coronary Artery Disease**  
 Access at: <http://www.nhlbi.nih.gov>  
 Click on "A-Z Diseases and Conditions Index" and select "Coronary Artery Disease" from the list  
 This section provides an easy-to-read overview of CAD 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 overviews.**

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 “Coronary Heart Disease”.

These detailed, comprehensive overviews are based on a 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.

### 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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