

# ***Heart Rhythm Disorders***



## Other names:

- Arrhythmias
- Atrial Fibrillation
- Paroxysmal atrial tachycardia
- Dysrhythmia
- Ventricular tachycardia and ventricular fibrillation

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The purpose of this guide is to help patients diagnosed with a heart rhythm disorder and their 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**

- Heart Failure Society of America. *Heart Rhythm Problems*. Printer friendly version available at: <http://www.abouthf.org/>
- Heart Rhythm Society.
  - *Rapid Heartbeat*
  - *Slow Heartbeat*
  - *What is Atrial Fibrillation?*
  - *Heart tests*.Same content available online at: <http://www.hrspatients.org/>
- University of Michigan Cardiovascular Center. *Options for the Treatment of Atrial Fibrillation*. A 12-page handout with illustrations describing the condition and treatment options. Access online at: [http://www.med.umich.edu/1lib/aha/Pt\\_ed\\_A1204.pdf](http://www.med.umich.edu/1lib/aha/Pt_ed_A1204.pdf)

## **Books**

- Kastor, John A. *You and Your Arrhythmia: A Guide to Heart Rhythm Problems for Patients & Their Families*. Sudbury, Mass. : Jones and Bartlett, 2006

## Audiovisual Resources

- **An interactive tutorial on MedlinePlus.gov - Arrhythmias**  
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 the anatomy, symptoms and treatment options for heart rhythm disorders.
- **An interactive tutorial on MedlinePlus.gov - Atrial Fibrillation**  
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 the anatomy, symptoms and treatment options for atrial fibrillation.

## Web Resources

- **C.A.R.E.** - Cardiac Arrhythmias Research and Education Foundation  
Access at: <http://www.longqt.org>  
This patient support organization site provides information on living with heart rhythm disorders, genetics of arrhythmias and an interactive community forum.
- **Heart Rhythm Society**  
Access at: <http://www.hrspatients.org>  
The section for patients and the public covers all types of cardiac arrhythmia disorders including diagnostic tests and treatment options.
- **HearHub.org – section on Arrhythmia**  
Access at: <http://www.hearhub.org>  
Under the "Health Centers" menu select: "Arrhythmia"  
This section includes animations, illustrations and information on arrhythmias, pacemakers and other treatment for this condition.
- **The National Heart, Lung, and Blood Institute (NHLBI) – Section on Arrhythmia**  
Access at: <http://www.nhlbi.nih.gov>  
Click on "A-Z Diseases and Conditions Index" and select "Arrhythmia" from the list

This section provides an easy-to-read overview of arrhythmia including causes, symptoms, diagnosis and treatment.

- **Sudden Arrhythmia Death Syndromes (SADS) Foundation**

Access at: <http://www.sads.org>

This organization provides education and support to families and individuals at risk for cardiac arrhythmias that can cause sudden death in young people. The site includes information on genetic counseling, drugs to avoid and living with the condition.

- **STS Patient Information** on the The Society of Thoracic Surgeons (STS) Web site.

Access at: <http://www.sts.org/sections/patientinformation/> and click on "Arrhythmia Surgery".

This site has an extensive overview on the Maze procedure, which may be used to treat Atrial fibrillation.

- **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: Atrial fibrillation*
- *Patient information: Radiofrequency catheter ablation*
- *Patient information: Implantable cardioverter-defibrillators*
- *Patient information: Cardioversion*
- *Patient information: Pacemakers*
- *Patient information: Palpitations and extra heartbeats*
- *Patient information: Wolff-Parkinson-White syndrome*

Access at: <http://www.patients.uptodate.com>. Point your cursor on "View Patient- Level Health Topics by Category", click on "Heart Disease" and select from the list.

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.

## 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 ServicesFor 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.mhealthy.umich.edu/tobacco/> or call 734.936.5988.

## Patient Support Organization

- **C.A.R.E.** - Cardiac Arrhythmias Research and Education Foundation  
Web site: <http://www.longqt.org>  
Tel.: (800) 404-9500
- **SADS Foundation**  
Website: <http://www.sads.org>  
Tel.: 1-800-STOP-SAD
- **Heart Rhythm Society**  
Web site: <http://www.hrspatients.org>  
Tel.: (202) 464-3400

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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