

Heart Transplantation Post-transplant



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The purpose of this guide is to help patients and families after a heart transplant 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.

Brochures, Fact sheets

- American Society of Transplantation – online patient education brochures
 - *Medicines for Keeping Your New Heart or Lung Healthy*Access at: <http://www.a-s-t.org/> and click on “Patients”
- International Transplant Nursing Society. *Heart Transplant Education Booklet*. The Society offers additional booklets on other topics of interest to transplant recipients such as post-transplant diabetes, diet and exercise after transplant and more. All booklets available in English and Spanish. Access at: <http://www.itns.org> and click on “Education”.
- United Network for Organ Sharing
 - *Partnering with Your Transplant Team: The Patients Guide to Transplantation*
 - *What Every Patient Needs to Know*Access at: <http://www.unos.org/resources/brochures.asp>

Books

- Young, Jeffrey W. *Patient To Provider: A Patient's Guide To Transplantation*. AuthorHouse, 2005.

Audiovisual Resources

- Information Television Network. *Organ Transplant : Making a Match*. (30 min.). Information Television Network, [2005].

Part of the public television series Healthy Body/Healthy Mind this program features specialists discussing the transplant process and anti-rejection drugs.

Web Resources

- **Organdonor.gov**

Access at: <http://organdonor.gov/>

The official U.S. Government web site for organ and tissue donation and transplantation has information and fact sheets about life after transplant.

- **transplantexperience.com**

Access at: <http://www.transplantexperience.com>

Tools, tips and advice for people before and after organ transplantation including listings of support groups and organizations.

- **Transplantliving.org**

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

Provided by the Network for Organ Sharing this site contains information and resources for people before and after organ transplantation.

- **TransWeb**

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

This site provided by the University of Michigan focuses on donations and transplantations. The reference section includes articles of interest for people after an organ transplantation

- **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.

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

- **United Network for Organ Sharing**

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

Tel.: (888) 894-6361

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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