Other names:
- Myocardial infarction or MI
- Acute myocardial infarction or AMI
- Acute coronary syndrome
- Coronary thrombosis
- Coronary occlusion

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, room 2101 in the Cardiovascular Center. Visit our website at www.umcvc.org/mwrc

**Brochures, Fact sheets**


**Books**


Heart Attack

INFORMATION GUIDE


Audiovisual Resources

- American College of Physicians. *Acute Coronary Syndrome DVD: Preparing for Your First Doctor’s Visit After Hospital Discharge and Medications After a Heart Attack*. Initiative on Acute Coronary Syndrome, 2015. Also available online at: [https://www.acponline.org/patients_families/products/videos/](https://www.acponline.org/patients_families/products/videos/)
  - Scroll down until you get to *Heart Health* and select the above title.

  Part of the public television series Healthy Body/Healthy Mind this program features specialists discussing medications and lifestyle modifications that help people who suffered a heart attack return to a productive life.
Web Resources

- **American Heart Association: Heart Attack**
  [http://www.heart.org/](http://www.heart.org/)
  → On the red bar across the top of the page, click on “Conditions”
  → Select: “Heart Attack”
  This section has information about reducing the risk for heart attacks as well as information on living after a heart attack. It covers diagnostic tests, treatments options, and recovering from a heart attack.

- **CardioSmart.org: Heart Attack**
  → Click on “Heart Conditions” on the blue bar near the top of the page
  → Select: “Heart Attack”
  This site is provided by the American College of Cardiology and offers written information, videos and tools.

- **MedlinePlus: Being Active after your Heart Attack**

- **The National Heart, Lung, and Blood Institute (NHLBI): Section on Heart Attack**
  → Under Health Topics click on “see all Health Topics”
  → Click on “H”
  → Select “Heart Attack” from the list
  This section provides an easy-to-read overview of heart attack, causes, symptoms, diagnosis and treatment.

- **UpToDate: Patient Information on Heart Attack**
  → In the “Search Patient Content” box
  → Type in “Heart Attack”
  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 coronary heart disease.
University of Michigan 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
  

- **Tobacco Consultation Service**
  
  Group and individual quit-smoking programs.
  
  For more information access: [http://hr.umich.edu/mhealthy/programs/tobacco/index.html](http://hr.umich.edu/mhealthy/programs/tobacco/index.html) or call 734.998.6222.

Patient Support Organizations

- **American Heart Association**
  [http://www.heart.org/](http://www.heart.org/)
  Tel.: 1-800-242-8721

- **The Mended Hearts, Inc.**
  Information Line: 1-888-432-7899