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**

- American Heart Association
  - *Are You At Risk Of Heart Attack or Stroke?*
  - *Controlling Your Risk Factors: Our Guide to Reducing Your Risk of Heart Attack and Stroke*

**Books**

Heart Attack-Prevention

INFORMATION GUIDE


- Wallack, Marc K. *Back to Life after a Heart Crisis*.

Audiovisual Resources

- National Heart, Lung and Blood Institute (NHLBI)
  - **Act In Time To Heart Attack Signs** –
    Access online at: [https://www.youtube.com/watch?v=Qouf1GMgniY](https://www.youtube.com/watch?v=Qouf1GMgniY)
    Available in DVD format at the Wellness Resource Center
    The dramatic, moving stories of three heart attack survivors and their families vividly illustrate how a real heart attack may differ from the stereotypical "movie heart attack" and how getting immediate treatment can save lives. An emergency department physician narrates the program and explains what a heart attack is, the treatments that can save lives if given quickly, and how to make a heart attack survival plan. (13 min.)

  - **What is a Heart Attack?**
    Access online at: [http://www.nhlbi.nih.gov/health/health-topics/topics/heartattack](http://www.nhlbi.nih.gov/health/health-topics/topics/heartattack)
    Scroll down to the bottom of the page and click on the above title.
Web Resources

- **American Heart Association: Heart Attack**
  
  http://www.heart.org/
  
  - Near the top of the page click on “Conditions”
  - Scroll down and click on “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. In particular, see the subsections on: “Understanding Your Risk of Heart Attack” and “Prevention and Treatment of Heart Attack.”

- **CardioSmart: Heart Attack**
  
  http://www.cardiosmart.org/
  
  - Below “Understand Your Condition, Test, or Medication” click on “Heart Attack”
  
  People at risk for a heart attack can learn about lifestyle changes and treatments to improve their health. This site is provided by the American College of Cardiology and offers written information, videos and tools.

- **National Heart, Lung, and Blood Institute (NHLBI)**
  
  http://www.nhlbi.nih.gov/
  
  - Under “Health Topics” click on “See all Health Topics”
  - Click on “H”
  - Click on “Heart Attack”
  
  This web site aims to educate people at risk about identifying the symptoms of a heart attack and getting immediate help that will increase their risk of survival and limit the damage to the heart. The site has information about risk factors, heart attack warning signs, what to do if a person experiences symptoms, diagnosing a heart attack, reducing heart attack risk through lifestyle changes, and a review of relevant drugs.
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/)
  1-800-242-8721