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**
- **CardioSmart**: American College of Cardiology
  - Women and Heart Disease: A Patient Resource Guide
    Access at: http://www.healthyheartsforwomen.com/whd/#/1/

- National Heart, Lung and Blood Institute (NHLBI).
  - The Heart Truth for Women Brochure
  - The Heart Truth for African American Women: Take Action to Protect Your Heart
  - The Heart Truth for Latinas: Take Action to Protect Your Heart (English and Spanish)
  - The Heart Truth for Women: Learn About Heart Disease
  - The Healthy Heart Handbook for Women
  - Questions to Ask Your Doctor/What’s Your Risk

**Books**


**Audiovisual Resources**

• Heart Truth DVD.  *Women and Heart Disease.*  10 minutes.

**Web Resources**

•  *American Heart Association - Go Red for Women*  
  Provides information about heart disease along with recipes, exercises, ways to lessen stress and live healthier. Need to register to use the site but it is free.
• **National Heart, Lung, and Blood Institute (NHLBI) - The Heart Truth for Women**
  The site of the Red Dress Campaign includes personal stories of women affected by heart disease, and information and education on heart disease including risk factors, symptoms, and ways to keep your heart healthy.

• **National Women's Health Information Center (NWHIC)**
  The site covers many topics relevant to women affected by cardiovascular disease including nutrition, exercise and diet, heart disease, diabetes and more.

• **WomenHeart: the National Coalition for Women with Heart Disease**
  WomenHeart is an organization of women affected by heart disease. It includes information about heart disease in women, heart attack, statistical reports and current news.

• **Women's Heart Foundation**
  The information on this site is relevant to women with heart disease or women who want to reduce their risk for developing heart disease. It offers sections about diet, exercise, heart disease, heart surgery, medication safety, menopause and ways to improve wellness.

**University of Michigan Resources**

• **Women's Heart Program at the University of Michigan Cardiovascular Center**
  [http://www.umcvc.org/medical-services/womens-heart-program](http://www.umcvc.org/medical-services/womens-heart-program)
  This program is one of only a few in the country to offer the full scope of cardiac treatment specifically for women. This program offers a distinctive approach to patient care that involves a team of highly skilled practitioners from many fields that specializes in women’s heart care. This team includes a cardiologist, nurse practitioner, dietician, exercise physiologist, and a stress management coordinator.
• **The Cardiovascular Disease Prevention & Rehabilitation Program** at Domino’s Farms offers a number of relevant programs and services including:
  o Cardiac Rehabilitation Program
  o Exercise Consultations
  o Nutrition Services
  o Stress Management Services

• **Tobacco Consultation Service**
  Group and individual quit-smoking programs.
For more information access: [http://hr.umich.edu/mhealthy/programs/tobacco/](http://hr.umich.edu/mhealthy/programs/tobacco/) or call (734) 998-6222 or email quitsmoking@med.umich.edu

**Patient Support Organization**
• **WomenHeart**
  Tel.: 202-728-7199

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