



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 found at the Mardigian Wellness Resource Center located off the Atrium on Floor 2 of the Cardiovascular Center. Visit our website at

<http://www.umcvc.org/mardigian-wellness-resource-center>

and online Information guides at <http://infoguides.med.umich.edu/home>

### Michigan Medicine Resources

- **Care Guides from Your Michigan Medicine Clinician: Cardiovascular Center**

<https://careguides.med.umich.edu/browse-by-medical-service/cvc>

These Care Guides are from Michigan Medicine's Patient Education **Care Guides from your Clinician** site. This resource has videos, websites and handouts created or endorsed by Michigan Medicine clinicians.

### Recommended Websites

- **American Heart Association**

<http://www.heart.org/>

This site contains written information, video, and illustrations explaining heart disorders and conditions, stroke, and healthy lifestyle. The site also includes news about research and treatment developments and personal stories of people living with heart conditions. Health tools such as calculators and trackers help people manage their health.

- **CardioSmart.org**

<http://www.cardiosmart.org/>

Provided by the American College of Cardiology, this site includes detailed information about heart conditions, tests and treatments, a news section, and a questions & answers database.

- **National Heart, Lung, and Blood Institute –NHLBI**

<http://www.nhlbi.nih.gov/>

The National Heart, Lung and Blood Institute is part of the National Institutes of Health. The “Diseases and Conditions Index” links to information about specific conditions, treatments, and procedures.

### Recommended Web Sites on General Health

- **Familydoctor.org**

<http://familydoctor.org/>

This site is provided by the American Academy of Family Physicians and has an extensive section on heart disease and stroke covering diseases and conditions, reducing risk, drugs and devices, recovery, and heart problems in kids. The information is provided in concise, easy-to-read overviews.

- **Healthfinder.gov**

<http://healthfinder.gov>

The U.S. Department of Health and Human Services provides this site which has resources on a wide range of health topics selected from approximately 1,400 government and non-profit organizations.



- **MedlinePlus**

<https://medlineplus.gov>

MedlinePlus, created by the National Institute of Health, is a web site for patients and their families and provides reliable information about all aspects of health. MedlinePlus can help you learn about the latest treatments, look up information on a drug or supplement, find out the meanings of words, or view medical videos or illustrations. You can also get links to the latest medical research on your topic or find out about clinical trials on a disease or condition.

- **UpToDate Patient Information**

<http://www.uptodate.com/home/uptodate-subscription-options-patients>

→ Type your search in the “**Search Patient Content**” search Box

Detailed, comprehensive overviews of medical conditions and treatments based on professional literature reviews written by 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.

### **Proceed with Caution!**

*“The Internet is a wild frontier whose landscape changes frequently. It contains all sorts of health information—good and bad, true and false, complete and dangerously incomplete. Before you act on anything you learn online, we recommend that you make sure you check with your doctor.”*

-Consumer Reports

- Anyone with a computer can set up a website! It is easier to publish information on the Internet than to publish books, magazines and other traditional forms of communication.
- Some sites on the Internet were created in order to promote a product or the opinion of the site's creator; therefore, the information they present may be biased. It is important to weigh Internet information in the context of the site creator's motive.
- In a similar manner to checking the credentials of a healthcare provider, it is necessary to check the credentials of an Internet information provider. It is important to know if the information is provided by a health professional or by a lay person.

**If you obtain health information from sites other than the ones listed above, or from listservs or blogs, please be sure to evaluate the information according to the following guidelines:**

- Check the site's URL (address). The last segment of the URL before the / gives a general indication of the organization sponsoring the site, for example:
  - .edu** - site provided by a university or a learning institution
  - .gov** - site provided by a government agency
  - .com** - site provided by a commercial company
  - .org** - site provided by a non-profit organization

- Read the “**About us**” or “**Who are we?**” section of the site. A reputable site should include this section. This is where a user can learn about the credentials and intentions of the site’s creator.
  - Check the date the information was last revised. Look for sites that offer fresh content that is updated regularly.
  - Stick by government or university run sites. Other credible sources include medical associations and hospitals.
  - Remember: the information on email groups (listservs), blogs, and chats is anecdotal, and not scientifically proven. Check this information with your doctor.

### **Share information you found on the Internet with your doctor**

Heart conditions and disorders are complex diseases with many factors and variables that affect diagnosis, prognosis and treatment decisions. Every patient is a unique case with a different set of circumstances. Even if the information you find on the Internet is accurate and current, it may not be applicable to your specific situation. To understand how the information you find relates to your case, you must consult with your doctor.

The following are suggestions to promote efficient and effective communication between you and your doctor:

### 1. Be organized

Keep your printouts well-organized in a folder or in a set of labeled folders that will allow you to find each piece quickly.

### 2. Prepare a list

Review the information before the appointment and prepare a set of questions with the most important and relevant ones first. Next to the questions record the information sources on which they are based. These references will help you to pull out a specific piece if the doctor asks for it. Be realistic in planning a reasonable number of questions within the time constraints of your appointment.

### 3. Keep a record of what was said

It is difficult to maintain a conversation and take good notes at the same time. Bring a friend or a family member who can take the notes. You may also ask for permission to record the conversation. This will help you to recall what was said in the meeting after it is over.

When searching for information on diseases of the heart, it is important to establish a good foundation of knowledge about the condition before focusing the search on treatment options. A good understanding of the illness and its specific aspects will help the information seeker retrieve more relevant information and ask better questions.



Disclaimer: This document contains information and/or instructional materials developed by University of Michigan (U-M) Health for the typical patient with your condition. It may include links to online content that was not created by U-M Health and for which U-M Health does not assume responsibility. It does not replace medical advice from your healthcare provider because your experience may differ from that of the typical patient. Talk to your healthcare provider if you have any questions about this document, your condition, or your treatment plan.

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Amy Hyde, MILS- Mardigian Wellness Resource Center Librarian  
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