

Coronary Artery Disease

INFORMATION GUIDE



Other names:

- Atherosclerosis
- CAD
- Coronary heart disease (CHD)
- Hardening of the arteries
- Heart disease
- Ischemic (is-KE-mik) heart disease
- Narrowing of the arteries

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>

Books, Brochures, Fact Sheets

- American Heart Association. **What are Heart Disease and Stroke?**
<https://bit.ly/AHAHeartDiseaseandStroke>
- Michigan Medicine.
 - **The ABCs of Coronary Disease**
<https://www.med.umich.edu/1libr/CVC/Dominos/337-ABCs%20CAD%20prevention.pdf>

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- What is Ischemic Heart Disease and Stroke?

<http://www.med.umich.edu/1libr/CCG/IHDshort.pdf>

- National Heart, Lung and Blood Institute (NHLBI). **Your Guide to Living Well with Heart Disease.**

A 68-page booklet is a step-by-step guide to helping people with heart disease make decisions that will protect and improve their lives. A printer-friendly version is available at:

http://www.nhlbi.nih.gov/health/public/heart/other/your_guide/living_well.pdf

Books

- Bale, Bradley. **Beat the Heart Attack Gene: A Revolutionary Plan to Prevent Heart Disease, Stroke and Diabetes.** New York, NY: Turner Publishing, 2014.
- Cannon, Christopher P. Vierck, Elizabeth. **The New Heart Disease Handbook: Everything You Need to Know to Effectively Reverse and Manage Heart Disease.** Beverly, MA: Fair Winds Press, 2009.
- Crandall, Chauncey. **The Simple Heart Cure: The 90-Day Program to Stop and Reverse Heart Disease.** West Palm Beach, FL: Humanix Books, 2013.
- DeBakey, Michael E. **The Living Heart in the 21st Century.** Amherst, N.Y.: Prometheus Books, 2012.

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- Franklin, Barry and Piscatella, Joseph. **Prevent, Halt & Reverse Heart Disease: 109 Things You Can Do.** New York, NY: Workman Publishing, 2011.
- Fuhrman, Joel. **The End of Heart Disease: The Eat to Live Plan to Prevent and Reverse Heart Disease.** New York, NY: Harper Collins, 2016.
- Gillinov, Marc. **Heart 411: The Only Guide to Heart Health You'll Ever Need.** New York: Three Rivers Press, 2012.
- Granato, Jerome, E. **Living with Coronary Heart Disease: A Guide for Patients and Families.** Baltimore, MD: Johns Hopkins University Press, 2008.
- Houston, Mark C. **What Your Doctor May Not Tell You About Heart Disease.** New York: Grand Central Life & Style, 2012.
- Kauffman, Kevin. **Mayo Clinic Healthy Heart for Life!** New York, NY: Time Home Entertainment Inc., 2012.
- Lipsky, Martin S. [et al.]. **American Medical Association Guide to Preventing and Treating Heart Disease: Essential Information You and Your Family Need to Know about Having a Healthy Heart.** Hoboken, NJ: J. Wiley, 2008.
- Masley, Steven, **The 30-Day Heart Tune-Up.** New York, NY: Hachette Book Group, 2014.

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- Okner, Joel, & Jeremy Clorfene. **The No Bull Book on Heart Disease: Real Answers to Winning Back Your Heart and Health.** New York: Sterling, 2009.
- Rippe, James M. **Preventing and Reversing Heart Disease for Dummies.** Hoboken, NJ: John Wiley & Sons, Inc., 2015.
- Roberts, Barbara H. **Treating and Beating Heart Disease: A Consumer's Guide to Cardiac Medicines.** Sudbury, MA: Jones and Bartlett, 2009.
- Samaan, Sarah. **Best Practices for a Healthy Heart: How To Stop Heart Disease Before Or After It Starts.** New York, NY: Experiment, 2012.
- Schembechler, Glenn "BO," Fritz Seyferth, & Kim A Eagle. **Heart of a Champion: My 37 Year War Against Heart Disease.** Ann Arbor, MI: Ann Arbor Media Group, 2008.

Audiovisual Resources

- **Controlling and Preventing Heart Disease Risk Factors.** National Heart Lung and Blood Institute (NHLBI)
<https://youtu.be/cRsLryQ57R4>
Describes coronary artery disease (CAD), its symptoms and complications, and ways to manage CAD risk factors. 2:01 minutes

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Web Resources

- **American Heart Association**

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

A wealth of information for people living with coronary heart disease is presented in this site including news about developments in research and treatment and personal stories.

- **CardioSmart.org** -Coronary Artery Disease

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

- Click on “**Heart Conditions**”
- Click on “**Coronary Artery Disease**”

- **The National Heart, Lung, and Blood Institute (NHLBI) – Coronary Heart Disease**

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

- Click on “**Health Topics A-Z**” near the top of the page
- Click on “**C**”
- ,Click on “**Coronary Heart Disease**”

This section provides an easy-to-read overview of CAD including causes, symptoms, diagnosis and treatment.

- **UpToDate. Patient Information Overviews on Coronary Artery Disease**

<http://www.patients.uptodate.com/>

- In the “**Search Patient Content**” box type in “**Chronic Coronary Syndrome**”



These detailed, comprehensive overviews are based on professional literature reviews written for physicians. The overviews include some medical terminology. They are suitable for readers seeking to gain in-depth understanding of coronary heart disease.

Michigan Medicine 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 ServicesFor more information access <http://www.umcvc.org/medical-services/cardiovascular-disease-prevention-and-rehabilitation> or call: 888-287-1082

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

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Patient Support Organization

- American Heart Association
<http://www.heart.org/>
1-800-242-8721

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