

Other names:

- Arrhythmias
- Atrial Fibrillation
- Paroxysmal Atrial Tachycardia
- Dysrhythmia
- Ventricular Tachycardia and Ventricular Fibrillation

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 <http://www.umcvc.org/mardigian-wellness-resource-center> and online Information guides at <http://infoguides.med.umich.edu/home>

Michigan Medicine Resources

- **Arrhythmia Program**
<http://www.umcvc.org/conditions-treatments/abnormal-heart-rhythms>
This site provides information on different types of arrhythmias.
- **Michigan Medicine Patient Education Materials: Abnormal Heart Rhythms and Devices** page on the Care Guides from Your Clinician site
<https://careguides.med.umich.edu/browse-by-medical-service/heart-rhythms>

- **The Cardiovascular Disease Prevention & Rehabilitation Program** at Domino's Farms offers several relevant programs and services including:

- Cardiac Rehabilitation Program
- Exercise Consultations
- Nutrition Services
- Stress Management Services

For 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

- **University of Michigan Cardiovascular Center for Atrial Fibrillation Treatment Video**

<http://www.uofmhealth.org/media/13416>

Brochures, Fact Sheets

- American Heart Association
 - **What is an Arrhythmia?**
<https://www.heart.org/-/media/Files/Health-Topics/Answers-by-Heart/What-is-Arrhythmia.pdf>
 - **What is Atrial Fibrillation?**

<https://www.heart.org/-/media/Files/Health-Topics/Answers-by-Heart/What-is-Atrial-Fibrillation.pdf>

Books

- Cohen, Todd J. **A Patient's Guide to Heart Rhythm Problems**. Baltimore, MD: Johns Hopkins University Press, 2010.
- Kastor, John A. **You and Your Arrhythmia: A Guide to Heart Rhythm Problems for Patients & Their Families**. Sudbury, MA: Jones and Bartlett, 2006.

Audiovisual Resources

- Heart Rhythm Society. **Atrial Fibrillation and Other Arrhythmia and Electrophysiology Animations and Illustrations**
http://medmovie.com/library_id/2608/topic/hrs_0080a/
- University of Michigan Cardiovascular Center. **Atrial Fibrillation Treatment Video**
<http://www.uofmhealth.org/media/13416>

Web Resources

- **Heart Rhythm Society: UpBeat Patient Resource Center**
<https://www.upbeat.org/>

The site provides information on all types of cardiac arrhythmia disorders including diagnostic tests and treatment options.

- Heart Rhythm Disorders

- <https://upbeat.org/heart-rhythm-disorders>

 - Atrial Fibrillation (AFib)
<https://upbeat.org/heart-rhythm-disorders/atrial-fibrillation-afib>
 - Catheter Ablation
<https://upbeat.org/common-treatments/catheter-ablation>
- **My AFib Experience by American Heart Association**
<https://myafibexperience.org>
This site was created to help people living with AFib by providing quality information so they can better manage their condition and reduce risks for stroke. It also has an online community where patients and caregivers can connect with each other to give and receive support.
- **The National Heart, Lung, and Blood Institute (NHLBI) – Types of Arrhythmias**
<https://www.nhlbi.nih.gov/health/arrhythmias/types>
These sections provide easy-to-read overviews of arrhythmia and atrial fibrillation including causes, symptoms, diagnosis and treatment.

Patient Support Organizations

- **My AFib Experience (American Heart Association)**
<https://myafibexperience.org>
- **SADS Foundation**
<http://www.sads.org/>
Patient Support Line 1-801-948-0654

This organization provides education and support to families and individuals at risk for cardiac arrhythmias that can cause sudden death in young people.

- **UpBeat for Patients and Caregivers (Heart Rhythm Society)**

<https://www.upbeat.org/>

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 health care provider because your experience may differ from that of the typical patient. Talk to your health care 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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