Heart and Lung Diseases
A Pathfinder

The Learning Center provides materials for information and convenience only. They are not to be substituted for medical advice. Medical information is often controversial and continually changes. Please talk to your doctor about your specific concerns.

The Learning Center provides a wide range of materials, and each location has different resources. Please call ahead to learn which location has the resources you need.

To learn more or ask questions, please call, email or visit The Learning Center.

Levit Family Learning Center
Mays Clinic
Floor 2, near The Tree Sculpture,
Room ACB2.1120
Monday – Friday, 9 a.m.-4 p.m.
713-563-8010
http://www.mdanderson.org/tlc
Email: asktlcstaff@mdanderson.org

Theodore N. Law Learning Center
Main Building
Floor 4, near Elevator A,
Room R4.1100
Monday – Friday, 9 a.m.-4 p.m.
713-745-8063

Pamphlets

Heart Success. The University of Texas MD Anderson Cancer Center. 2008.
High Blood Pressure and You. The University of Texas MD Anderson Cancer Center. 2011.
Living With Atrial Fibrillation. American Heart Association. 2003.
Signs of a Heart Attack. American Heart Association. 2009.
Understanding and Controlling Cholesterol. American Heart Association. 2009.
Understanding and Controlling Your High Blood Pressure. American Heart Association. 2007.

Books

ABC of Stroke. Mant J, Walker M. WL 356 A134 2011.
American Heart Association's Your Heart, An Owner's Manual: American Heart Association's Complete Guide to Heart Health. WG 113 A5121 2011.
*Cancer and the Heart. Ewer MS, Yeh EH. WG 200 E94c 2006.

*Indicates reference only (unavailable for check out)

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The Cleveland Clinic Guide to Heart Failure. Starling RC. WG 370 S795c 2009.
Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook. Polin BS, Giedt FT. WB 405 P765c 2007.
Comfort of Home for Chronic Lung Disease: A Guide for Caregivers. Meyer M, Derr P, Gilmartin M. WF 600 M613c 2008.
The Coumadin (Warfarin) Help Book: The Complete Guide to Anticoagulation Therapy to Prevent and Manage Strokes, Heart Attacks and Other Vascular Disorders. Schneider DM. QV 193 S358c 2008.
End of Illness. Agus D, Loberg K. WA 108 A284e 2011.
Forks Over Knives: The Plant-Based Way to Health. Stone G, Popper P. WB 405 F721 2011.
Healthy Family Meals. American Heart Association. WB 405 A5126 2009.
Heart Care for Life: Developing the Program That Works Best for You. Zaret BL, Subak-Sharpe GJ. WG 100 Z36h 2006.
Heart 411: The Only Guide to Heart Health You'll Ever Need. Gillinov M, Nissen S. WG 113 G481h 2012.
High Blood Pressure: Food, Facts & Recipes. Jefferson A, Hunter F. WB 405 J45h 2005.
Integrative Cardiology. Devries S, Dalen J. WG 166 I618 2011.
Latina Guide to Health: Consejos and Caring Answers. Delgado J, Novello A. WA 309 D352l 2010.
Living Longer, Living Better: Exploring the Heart-Mind Connection. Opie L. WG 120 O61l 2011.
Living With Coronary Heart Disease: A Guide for Patients and Families. Granato JE. WG 113 G748l 2008.
Mayo Clinic Healthy Heart for Life! The Mayo Clinic Plan for Preventing and Conquering Heart Disease. Kaufman K. WG 113 M4732 2012.
The New American Heart Association Cookbook. American Heart Association. WB405 N532 2004.
100 Questions & Answers About Asthma. Plottel C. WF 553 P729o 2011.
100 Questions & Answers About Chronic Obstructive Pulmonary Disease (COPD). Quinn C. WF 600 Q7o 2006.
100 Questions & Answers About Congestive Heart Failure. Quinn CE. WG 370 Q7o 2006.
100 Questions & Answers About Heart Attack and Related Cardiac Problems. Chung E. WG 100 C559o 2004.
100 Questions & Answers About High Blood Pressure (Hypertension). Townsend RR. WG 340 T751o 2008.
100 Questions & Answers About Valvular Heart Disease. Pai RG. Varadarajan P. WG 260 P142o 2009.
One-Minute Asthma: What You Need to Know. Plaut T. WF 553 P721o 2008.
Positive Options for Living With COPD: Self-Help and Treatment for Chronic Obstructive Pulmonary Disease. Allen T. WF 600 A431p 2010.
Prevent, Halt & Reverse Heart Disease: 109 Things You Can Do. Piscatella J, Franklin B. WG 210 P676p 2011.

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*Robbins and Cotran Pathologic Basis of Disease. Robbins S, Kumar V, Cotran R. QZ 4 R636p 2010.
Seven Steps to Stop a Heart Attack. Arnot RB. WG 113 A764s 2005.
Strong Women, Strong Hearts: Proven Strategies to Prevent and Reduce Heart Disease Now. Nelson ME, Lichtenstein AH, Lindner L. WG 210 N428s 2005.
A Woman's Guide to Heart Attack Recovery: How to Survive, Thrive and Protect Your Heart. Kramer H, Libov C. WG 113 K89w 2007.
When Your Spouse Has a Stroke: Caring for Your Partner, Yourself and Your Relationship. Palmer S, Palmer J. WL 356 P176w 2011.
You and Your Cardiologist: A Cleveland Clinic Guide. Rimmerman CM. WG 113 R578y 2008.
Your Heart, An Owner's Manual: American Heart Association's Complete Guide to Heart Health. American Heart Association. WG 113 A5121 2011.

Video

Heart Success for Cancer Patients. The University of Texas MD Anderson Cancer Center. WG 370 DVD 4113 2011.
Maintaining Your Pacemaker or Defibrillator. The University of Texas MD Anderson Cancer Center. WG 168 DVD 4087 2009.

Websites

The University of Texas MD Anderson Cancer Center – Heart Health
http://www.mdanderson.org/patient-and-cancer-information/cancer-information/cancer-topics/dealing-with-cancer-treatment/heart-health/index.html

American Heart Association
http://www.heart.org
This site includes information on different types of heart disease and gives resources on how to live healthier to prevent or reverse heart disease.

National Coalition for Women with Heart Disease
http://womenheart.org
This site provides information on prevention, early detection, diagnosis and treatment of heart disease in women.

National Heart, Lung and Blood Institute
http://www.nhlbi.nih.gov/
This site gives general information on heart disease and health assessment tools, such as a body mass index calculator.

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American Lung Association
http://www.lung.org
The American Lung Association provides information on lung health, prevention of lung disease, advocacy and research.

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