

Heart Disease

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 consult your health care provider to discuss your specific concerns.

The Learning Center locations provide a wide range of materials, and each site's resources are different. Please call ahead to learn which location contains the resources you need. The Learning Center staff provides skilled, individualized service and will be happy to help you.

For more information, or if you have questions, please call, e-mail 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>

E-mail: 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 M. D. Anderson Cancer Center. 2008.
Living with Heart Failure. American Heart Association. 2005.
Signs of a Heart Attack. American Heart Association. 2009.
Understanding and Controlling Cholesterol. American Heart Association. 2007.

Books

*Cancer and the Heart. Ewer MS, Yeh EH. WG 200 E94c 2006.
Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook. Polin BS, Giedt FT.
WB 405 P765c 2007.
Coronary Heart Disease. Gerstenblith G, Margolis S. WG 300 G383c 2004.
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.

*Indicates reference only (unavailable for check out)

- The Expert Guide to Beating Heart Disease: What You Absolutely Must Know. N Krumholz HM. WG 113 K94e 2005.
- Heart Care for Life: Developing the Program That Works Best For You. Zaret BL, Subak-Sharpe GJ. WG 100 Z36h 2006.
- High Blood Pressure: Food, Facts & Recipes. Jefferson A, Hunter F. WB 405 J45h 2005.
- Living With Coronary Heart Disease: A Guide for Patients and Families. Granato JE. WG 113 G748l 2008.
- The New American Heart Association Cookbook. American Heart Association. WB405 N532 2004.
- One Hundred Questions & Answers About Congestive Heart Failure. Quinn CE. WG 370 Q7o 2006.
- One Hundred Questions & Answers About Heart Attack and Related Cardiac Problems. Chung E. WG 100 C559o 2004.
- 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.
- You and Your Cardiologist: A Cleveland Clinic Guide. Rimmerman CM. WG 113 R578y 2008.

Web Sites

The University of Texas M. D. 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.

Women's Heart Foundation

<http://www.womensheartfoundation.org>

This site gives information on 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.