

High Blood Cholesterol



Also called:

- Hypercholesterolemia
- Hyperlipidemia

Last revised: July 2010

The purpose of this guide is to help patients who have high blood cholesterol and their families to 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 are available at the Wellness Resource Center, room 2101.

Brochures, Fact sheets

- American Heart Association. *Understanding and Controlling Cholesterol*.
- National Heart, Lung and Blood Institute (NHLBI).
 - *Healthy Hearts, Healthy Homes: Do You Know Your Cholesterol Levels?* (English and Spanish)
 - *High Blood Cholesterol - What You Need to Know*
 - *Your Guide to Lowering Cholesterol with TLC - Therapeutic Lifestyle Changes*. A comprehensive 84 page booklet.

Order by phone at 301-592-8573 or 240-629-3255 (TTY). Printer-friendly versions are available at: <http://www.nhlbi.nih.gov/>

- *Be Heart Smart! Eat Foods Lower in Saturated Fat and Cholesterol*
- *Empower Yourself! Learn Your Cholesterol Number* (English and Spanish)
- *Protect Your Heart - Lower Your Blood Cholesterol!* (English and Spanish)
- *Tipsheet - How to Stay on Your Cholesterol-Lowering Medication*

Printer-friendly versions are available at:

<http://nhlbisupport.com/chd1/Tipsheets/resourceroom.htm>

Books

- American Heart Association. *American Heart Association Low-Fat, Low-Cholesterol Cookbook: Delicious Recipes to Help Lower Your Cholesterol*. 4th ed. New York: Clarkson Potter, 2010.

- Archer, Shirley Sugimura and David Edelberg. *101 Ways to Lower Your Cholesterol: Easy Tips that Allow you to Take Control, Reduce Risk, and Live Longer*. Avon, MA: Adams Media, 2010.
- Castelli, William P. *Cholesterol Cures*. Rev. and Upd. Edition. Emmaus, PA: Rodale, 2008.
- Durstine, J. Larry. *Action Plan for High Cholesterol*. Champaign, IL: Human Kinetics, 2006.
- Klapper, Joseph Lee. *The Complete Idiot's Guide to Lowering Your Cholesterol*. New York, N.Y: Alpha, 2006.
- Rinzler, Carol Ann and Martin W. Graf. *Controlling Cholesterol for Dummies*. 2nd ed. Hoboken, NJ: Wiley, 2008.
- Siple, Molly. *Low-Cholesterol Cookbook for Dummies*. Hoboken, NJ: Wiley, 2005.

Audiovisual Resources

- **An interactive tutorial on MedlinePlus.gov – Managing Cholesterol**

- Access at: <http://www.medlineplus.gov/>
- Click on "Videos & Cool Tools"
- Click on "Interactive Tutorials"
- Under the heading "Prevention and Wellness," select "Managing Cholesterol"

A slide show with voice over and graphics explains what cholesterol is and how to interpret the text results. Also reviews ways to control cholesterol including diet and medications.

- **Cardiosmart.org – Cholesterol Video Library**

- Access at: <http://www.cardiosmart.org/>
- Under "Condition Centers," click on "Cholesterol"
- Click on "Video Library"

This section has videos explaining HDL and LDL cholesterol as well as triglycerides.

- **Familydoctor.org** – videos about cholesterol and cholesterol lowering medications.
 - Access at <http://familydoctor.org/>
 - Click on “Conditions A to Z”
 - Click on “Heart Disease”
 - Under “Reducing Your Risk,” click on “Cholesterol” or “Cholesterol: Lifestyle Changes to Improve Your Levels”
 Short videos and Easy-to-read reviews about cholesterol, diet and medications.

Web Resources

- **American Heart Association – Section on Cholesterol**
 - Access at: <http://www.heart.org/>
 - On the red bar across the top of the page, click on “Conditions”
 - Select: “Cholesterol”
 This section has information about prevention, monitoring, treatment, and risk of high blood cholesterol.
- **HeartHub for Patients – Section on Cholesterol**
 - Access at: <http://www.hearthub.org/>
 - Under “Health Centers,” click on “Cholesterol”
 This section includes news, information and videos on cholesterol including treatments and medications. Provided by the American Heart Association.
- **Live Healthier, Live Longer**
 - Access at: <http://www.nhlbi.nih.gov/chd/index.htm>
 Provided by the National Heart, Lung and Blood Institute, this site has separate sections for people who want to prevent heart disease and people who already have heart disease. Includes risk calculators, tips for reducing cholesterol, frequently asked questions and information about lifestyle changes and medications that can help reduce cholesterol.
- **The National Heart, Lung, and Blood Institute (NHLBI) – Section on High Blood Cholesterol**
 - Access at: <http://www.nhlbi.nih.gov/>
 - Click on “Search the Diseases and Conditions Index”
 - Select “High Blood Cholesterol” from the list
 This section provides an easy-to-read overview of cholesterol including causes, symptoms, diagnosis and treatment

University of Michigan Resources

- **Nutrition Services** at the Cardiovascular Center and the Cardiovascular Clinic at Domino's Farms offer a number of relevant programs and services including individualized counseling and group sessions to help individuals reduce risk of disease and improve wellness. The service specializes in medical nutrition therapy for:
 - Cholesterol and triglyceride reduction
 - Blood pressure management
 - Healthy weight management
 - Metabolic syndrome/Insulin resistance/Pre diabetes
 - Diabetes
 - Congestive Heart Failure

For more information access: <http://www.med.umich.edu/cvc/>
Click on "Our Services" and select "Nutritional Services" from the list.
Telephone: 888-287-1082.

This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.

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Document #021/ Revised July 2010
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