

# High Blood Cholesterol

## INFORMATION GUIDE



Also called:

- Hypercholesterolemia
- Hyperlipidemia

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 [www.umcvc.org/mwrc](http://www.umcvc.org/mwrc)

### Brochures and Information sheets

- American Heart Association.
  - *What Do My Cholesterol Levels Mean?*
  - *How Can I Lower High Cholesterol?*
  - *What are High Blood Cholesterol and Triglycerides?* Also available for print at: [http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm\\_300308.pdf](http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300308.pdf)
- National Heart, Lung and Blood Institute (NHLBI).
  - *At-A-Glance: What You Need to Know About High Blood Cholesterol*
  - *Healthy Heart, Healthy Family-Be Heart Smart: Keep Your Cholesterol in Check*
  - *Healthy Hearts, Healthy Homes: Do You Know Your Cholesterol Levels?* (English and Spanish)
  - *High Blood Cholesterol - What You Need to Know*  
<http://www.nhlbi.nih.gov/health/public/heart/chol/wyntk.htm>
  - *Your Guide to Lowering Cholesterol with TLC - Therapeutic Lifestyle Changes.* A comprehensive 84 page booklet.

Order by phone at 301-592-8573. Printer-friendly versions are available at: <http://www.nhlbi.nih.gov/health/index.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, 2008.

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- 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.
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- Khaleghi, Murdoc. *The Everything Guide to Preventing Heart Disease: All You Need to Know to Lower Your Blood Pressure, Beat High Cholesterol, and Stop Heart Disease In It's Tracks*. Avon, MA: Adams Media, 2011.
- Khaleghi, Murdoc. *The Everything Low Cholesterol Book*. Avon, MA: Adams Media, 2011.
- Klapper, Joseph Lee. *The Complete Idiot's Guide to Lowering Your Cholesterol*. New York, NY: Alpha, 2006.
- Rinzler, Carol Ann and Martin W. Graf. *Controlling Cholesterol for Dummies*. 2<sup>nd</sup> ed. Hoboken, NJ: Wiley, 2008.
- Brill, Janet Bond. *Cholesterol Down – 10 Simple Steps to Lower Your Cholesterol in 4 weeks - Without Prescription Drugs*. New York: Three Rivers Press, 2006.
- Ornish, Dean. *The Spectrum: A Scientifically Proven Program to Feel Better, Live Longer, Lose Weight, and Gain Health*. New York: Ballantine Books, 2007.
- Lieberman, Layne. *Beyond the Mediterranean Diet: European Secrets of the Super-Healthy*. WorldRD LLC, 2013.
- Fisher, Helen V. and Cynthia Thompson. *The Mediterranean Heart Diet: Why It Works and How to Reap the Health Benefits, With Recipes to Get You Started*. Cambridge, MA: Perseus Publishing, 2001.
- Levy, Susan. *Mediterranean Diet Recipes in 5 Steps or Less*. Pressbooks.com, 2013.

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### 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: <https://www.cardiosmart.org/Videos>
- Select the following videos:
  - *HDL- “Good” Cholesterol*
  - *LDL- “Bad” Cholesterol*
  - *Triglycerides*
  - *Know Your Numbers- Cholesterol*
  - *What are the Different Types of Fat?*
  - *Olive Oil*

This section has videos explaining HDL and LDL cholesterol, triglycerides and different fats in food.

### 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.

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- **HeartHub for Patients – Section on Cholesterol**
  - Access at: <http://www.hearhub.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.
- **The National Heart, Lung, and Blood Institute (NHLBI) – Section on High Blood Cholesterol**
  - Access at: <http://www.nhlbi.nih.gov/>
  - Under “Health Topics” click on “Heart and Vascular Diseases”
  - Select “Cholesterol”

This section provides an easy-to-read overview of cholesterol.

### University of Michigan Resources

- **Registered Dietitian Nutritionists** 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. They specialize in medical nutrition therapy for:
  - Lipid Management
  - High Blood Pressure
  - Healthy Weight Management
  - Pre-diabetes, Diabetes and Metabolic Syndrome
  - Heart Failure
  - Pre and Post Heart Transplant
  - Vascular Nutrition

For more information access: <http://www.umcvc.org/medical-services/heart-nutrition>  
For appointments, contact the Cardiovascular Call Center at 888.287.1082

This document contains information and/or instructional materials developed by the University of Michigan Health System (UMHS) for the typical patient with your condition. It may include links to online content that was not created by UMHS and for which UMHS 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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