

# 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 located off the Atrium on Floor 2 of 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>

### Brochures, Fact sheets

- American Heart Association
  - **How Can I Improve My Cholesterol?** Available online at: [http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm\\_300460.pdf](http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300460.pdf)
  - **My Cholesterol Guide** Available online at: <http://www.ksw-gtg.com/aha-cholesterol/#/1/>
  - **Understanding and Improving Your Cholesterol**
  - **What are Cholesterol-Lowering Medications?** Available online at: [http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm\\_300433.pdf](http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300433.pdf)
  - **What are High Blood Cholesterol and Triglycerides?** Available online 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)

# High Blood Cholesterol

## INFORMATION GUIDE



- CardioSmart
  - **Understanding and Managing High Cholesterol**  
<http://www.cardiosmartguide.com/cholesterol/#/1/>
- Krames
  - **Managing High Cholesterol and Other Lipids**
- National Heart, Lung and Blood Institute (NHLBI).
  - **At-A-Glance: What You Need to Know About High Blood Cholesterol**  
[https://www.nhlbi.nih.gov/files/docs/public/heart/cholesterol\\_atglance.pdf](https://www.nhlbi.nih.gov/files/docs/public/heart/cholesterol_atglance.pdf)
  - **High Blood Cholesterol - What You Need to Know.** Access online at:  
<http://www.nhlbi.nih.gov/files/docs/public/heart/wyntk.pdf>
  - **Your Guide to Lowering Cholesterol with TLC - Therapeutic Lifestyle Changes.** A comprehensive 84 page booklet. Access online at:  
<https://catalog.nhlbi.nih.gov/sites/default/files/publicationfiles/06-5235.pdf>

### Books

- American Heart Association. **American Heart Association Healthy Fats, Low-Cholesterol Cookbook: Delicious Recipes to help Lower Your Cholesterol.** New York: Clarkson Potter, 2015.
- 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.

# High Blood Cholesterol

## INFORMATION GUIDE



- Castelli, William P. **Cholesterol Cures**. Rev. and Updated Edition. Emmaus, PA: Rodale, 2008.
- Durstine, J. Larry. **Action Plan for High Cholesterol**. Champaign, IL: Human Kinetics, 2006.
- Heller, Maria. **The Dash Diet Action Plan: Proven to Lower Blood Pressure and Cholesterol Without Medication**. New York, NY: Grand Central Life & Style, 2011.
- 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.
- Rawlings, Deirdre. **The Complete Idiot's Guide to DASH Diet Cooking**. New York, NY: Alpha, 2012.
- Rinzler, Carol Ann and Martin W. Graf. **Controlling Cholesterol for Dummies**. 2<sup>nd</sup> ed. Hoboken, NJ: Wiley, 2008.
- Welland, Diane A. **The Complete Idiot's Guide to the TLC Diet**. New York, NY: Penguin Group, 2013.

### Audiovisual Resources

- American College of Physicians. **Managing Your High Cholesterol: A Guide for Patients and Families**. Philadelphia, PA: American College of Physicians, 2015.

# High Blood Cholesterol

## INFORMATION GUIDE



- **American Heart Association Watch, Learn and Live: Cholesterol**  
[https://watchlearnlive.heart.org/CVML\\_Player.php?moduleSelect=hdldl](https://watchlearnlive.heart.org/CVML_Player.php?moduleSelect=hdldl)  
An interactive library with audiovisual slides focusing on cholesterol topics.
- **CardioSmart: American College of Cardiology**
  - **Cholesterol Education Video Playlist** 2:44 minutes  
<https://www.cardiosmart.org/Heart-Conditions/High-Cholesterol/content/awareness/videos>
  - **LDL- “Bad” Cholesterol** 3:39 minutes  
<https://www.cardiosmart.org/News-and-Events/2013/01/Video-LDL>
  - **HDL- “Good” Cholesterol** 2:29 minutes  
<https://www.cardiosmart.org/News-and-Events/2013/01/Video-HDL>
  - **Triglycerides** 3:07 minutes  
<https://www.cardiosmart.org/News-and-Events/2013/01/Video-Triglycerides>

### Web Resources

- **American Heart Association: Cholesterol**  
<http://www.heart.org/>
  - On the top of the page, click on “**Conditions**”
  - Select: “**Cholesterol**”This site has information about prevention, monitoring, treatment, and risk of high blood cholesterol. Online tools, recipes and personal stories are also included.

# High Blood Cholesterol

## INFORMATION GUIDE



- **CardioSmart: American College of Cardiology: High Cholesterol**  
<https://www.cardiosmart.org/Heart-Conditions/High-Cholesterol/High-Cholesterol-digital-guide>  
Includes information on understanding high cholesterol, managing your cholesterol and questions to ask your doctor.
- **The National Heart, Lung, and Blood Institute (NHLBI): High Blood Cholesterol**  
<http://www.nhlbi.nih.gov/>
  - Under “**Health Topics**” click on “**See all Health Topics**”
  - Select “**C**”
  - Select “**Cholesterol**”This site provides an easy-to-read overview of cholesterol.

### Michigan Medicine Resources

- **The Cardiovascular Disease Prevention & Rehabilitation Program** at Domino’s Farms offers a number of relevant program and services including:
  - Hypertension Clinic
  - Cholesterol (Lipid Management) Program
  - Exercise Consultations
  - Nutrition Services
  - Stress Management ServicesFor more information access <http://www.umcvc.org/medical-services/cardiovascular-disease-prevention-and-rehabilitation> or call: 888.287.1082

# High Blood Cholesterol

## INFORMATION GUIDE



- **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](mailto:quitsmoking@med.umich.edu)

### Patient Support Organizations

- **American Heart Association**  
<http://www.heart.org>  
(800) 242-8721

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.

©2017 The Regents of the University of Michigan  
Document #019  
Compiled by Amy Hyde, MLIS, Mardigian Wellness Resource Center Librarian