

High Blood Cholesterol



Also called:

- Hypercholesterolemia
- Hyperlipidemia

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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).
 - *Be Heart Smart! Eat Foods Lower in Saturated Fat and Cholesterol*
 - *Empower Yourself! Learn Your Cholesterol Number* (English and Spanish)
 - *High Blood Cholesterol - What You Need to Know*
 - *Protect Your Heart - Lower Your Blood Cholesterol!* (English and Spanish)
 - *Your Guide to Lowering Cholesterol with TLC - Therapeutic Lifestyle Changes*. A comprehensive 84 page booklet

These pamphlets and booklets may be ordered by phone at 301-592-8573 or 240-629-3255 (TTY). A printer-friendly version available at:

<http://www.nhlbi.nih.gov>

Books

- American Heart Association. *American Heart Association Low-Fat, Low-Cholesterol Cookbook : Delicious Recipes to Help Lower Your Cholesterol*. 3rd ed. New York: Clarkson Potter, 2004.
- Archer, Shirley Sugimura. *The Everything Low Cholesterol Book : Reduce Your Risks and Ensure a Longer, Healthier Life*. Avon, Mass: Adams Media, 2005.
- 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.
- Freeman, Mason W. Junge, Christine. *The Harvard Medical School Guide to Lowering Your Cholesterol*. New York: McGraw-Hill, 2005.
- Klapper, Joseph Lee. *The Complete Idiot's Guide to Lowering Your Cholesterol*. New York, N.Y: Alpha, 2006.
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- Siple, Molly. *Low-Cholesterol Cookbook for Dummies*. Hoboken, NJ: Wiley, 2005

Audiovisual Resources

- **Managing Cholesterol** - An interactive tutorial on MedlinePlus.gov
Access at: <http://www.medlineplus.gov>
Click on the link to Interactive Tutorials and select from the list under the heading: "Prevention and Wellness"
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.

Web Resources

- **Familydoctor.org** – section on Cholesterol
Access at <http://familydoctor.org>. Under "Conditions A to Z" click on "Heart Disease" and then on "Your Cholesterol Level".
This easy-to-read review of cholesterol covers the different types of cholesterol, diet and medications.
- **HearHub 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.
- **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 cholesterol

Access at: <http://www.nhlbi.nih.gov/chd/index.htm>

Click on "A-Z Diseases and Conditions Index" and select "cholesterol" from the list

This section provides an easy-to-read overview of cholesterol including causes, symptoms, diagnosis and treatment.

- **University of Michigan Cardiovascular Center – Learn About Cardiovascular Disease**

Access at: <http://www.med.umich.edu/cvc/learn/index.html>

This site links to overviews of heart conditions and disorders, tests, procedures, treatments, prevention and wellness topics.

University of Michigan Resources

- **Nutrition Services at The Preventive Cardiology program** at Domino's Farms offers 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/adult/serpre.htm>

or call: 734.998.7400.

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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