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
  Cholesterol Tools and Resources
  https://www.heart.org/en/health-topics/cholesterol/cholesterol-tools-and-resources
  Fact Sheets include:
  - My Cholesterol Guide
  - How Statins Work
  - Your Cholesterol Score Explained
  - Cholesterol Questions to Ask Your Doctor
  - What Are Cholesterol-Lowering Medications?
  - Cholesterol Myths and Facts
  - How Can I Improve My Cholesterol?

- 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).
  o At-A-Glance: What You Need to Know About High Blood Cholesterol
  o High Blood Cholesterol - What You Need to Know. Access online at:
  o Your Guide to Lowering Cholesterol with TLC - Therapeutic Lifestyle Changes. A comprehensive 84 page booklet. Access online at:

Books
• 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.


**Audiovisual Resources**


• American Heart Association
  Cholesterol Tools and Resources
  [https://www.heart.org/en/health-topics/cholesterol/cholesterol-tools-and-resources](https://www.heart.org/en/health-topics/cholesterol/cholesterol-tools-and-resources)
  Videos include:
  - What is Cholesterol?
  - Understanding Familial Hypercholesterolemia (FH)
  - How to Manage High Cholesterol

• CardioSmart: American College of Cardiology
  Cholesterol Education
  [https://www.youtube.com/watch?list=PLc3m3zgN_aDuNbfhqs-gdT2V7rG2fYUDM&v=YFwkrG10dZE](https://www.youtube.com/watch?list=PLc3m3zgN_aDuNbfhqs-gdT2V7rG2fYUDM&v=YFwkrG10dZE)
  - Risk Factors for Heart Disease: LDL
  - Risk Factors for Heart Disease: Triglycerides
  - Risk Factors for Heart Disease: Fats
Web Resources

- **American Heart Association: Cholesterol**
  
  [http://www.heart.org/](http://www.heart.org/)
  
  → On the top of the page, click on “Health Topics”
  
  → 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.

- **CardioSmart: American College of Cardiology: High Cholesterol**
  
  [https://www.cardiosmart.org/Heart-Conditions/High-Cholesterol](https://www.cardiosmart.org/Heart-Conditions/High-Cholesterol)
  
  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**
  
  
  → 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 Services
  
Tobacco Consultation Service
Group and individual quit-smoking programs.
For more information access:
http://hr.umich.edu/mhealthy/progrms/tobacco/ or call (734) 998-6222 or email quitsmoking@med.umich.edu

Patient Support Organizations
- American Heart Association
  http://www.heart.org
  (800) 242-8721