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

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

- 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)
  - Your Guide to Lowering Cholesterol with TLC - Therapeutic Lifestyle Changes. A comprehensive 84 page booklet.


Books


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.
• **HeartHub for Patients – Section on Cholesterol**
  → 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**
  → 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](http://www.umcvc.org/medical-services/heart-nutrition)

For appointments, contact the Cardiovascular Call Center at 888.287.1082

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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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Document #021/ Revised January 2014
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