

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. These resources may be found 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>

University of Michigan Health Resources

- **Talking with your Family about Familial Hypercholesterolemia (FH)**
<https://www.med.umich.edu/1libr/CVC/TalkingToFamilyAboutFHBooklet.pdf>
- **Tobacco Consultation Service**
Group and individual quit-smoking programs.
<http://hr.umich.edu/mhealthy/programs/tobacco/> or call 734.998-6222 or email quitsmoking@med.umich.edu
- **The Cardiovascular Disease Prevention & Rehabilitation program** at Domino's Farms offers many relevant program and services including:
 - Cardiac Rehabilitation 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

Brochures, Fact sheets

- **Familial Hypercholesterolemia: Making Sense of Family Heart Disease** (American College of Cardiology)
https://www.cardiosmart.org/docs/default-source/assets/fact-sheet/making-sense-of-fh.pdf?sfvrsn=32b8f5e3_1
- **FH Facts** (Family Heart Foundation)
https://familyheart.org/media/FH_FactSheet-4.25.2017.pdf
- **FH Journeys: Reflections from individuals, families and clinicians affected by FH** (Genzyme)
https://fhchol.at/wp-content/uploads/2021/05/FH_Journeys.pdf
- National Lipid Association:
 - **Familial Hypercholesterolemia: What You Need to Know**
https://www.lipid.org/sites/default/files/fh-patient-handout_0_0.pdf
 - **Familial Hypercholesterolemia: An educational booklet for patients**
<http://nlaresourcecenter.lipidjournal.com/Content/PDFs/FA-Patient-Book-English.pdf>
- **What Does My LDL Cholesterol Number Mean?** (American Heart Association)
https://www.heart.org/-/media/Files/Health-Topics/Cholesterol/What-does-LDL-mean.pdf?sc_lang=en

Books

Familial Hypercholesterolemia (FH) (genetic high cholesterol)

Information Guide

- American Heart Association. **American Heart Association Healthy Fats, Low-Cholesterol Cookbook: Delicious Recipes to help Lower Your Cholesterol.** New York: Clarkson Potter, 2015.
- Khaleghi, Murdoc. **The Everything Low Cholesterol Book.** Avon, MA: Adams Media, 2011.
- Koslo, Jennifer and Swanson, Karen L. **The Low Cholesterol Cookbook and Action Plan.** Emeryville, CA: Rockridge Press, 2018.
- Rawlings, Deirdre. **The Complete Idiot's Guide to DASH Diet Cooking.** New York, NY: Alpha, 2012.
- Welland, Diane A. **The Complete Idiot's Guide to the TLC Diet.** New York, NY: Penguin Group, 2013.

Videos

- **Cholesterol Good and Bad** (National Library of Medicine)
<https://youtu.be/kLnvChjGxYk?feature=shared>
- **Familial Hypercholesterolemia** (World Heart Federation)
<https://youtu.be/4YwdFSN3xpA?si=LXMz8WbVlMwjtva>
- **Familial Hypercholesterolemia Video Library** (Family Heart Foundation)
<https://familyheart.org/tools-and-resources/video-library>
- **Understanding Familial Hypercholesterolemia** (American Heart Association)
https://youtu.be/ZJ0dvrN8xo4?si=4aV8RQNDM_zNygug

Web Resources

- **American Heart Association: What is Familial Hypercholesterolemia?**

<https://www.heart.org/en/health-topics/cholesterol/genetic-conditions/familial-hypercholesterolemia-fh>

This page provides information on Familial Hypercholesterolemia.

- **CDC: About Familial Hypercholesterolemia**

<https://www.cdc.gov/heart-disease-family-history/about/about-familial-hypercholesterolemia.html>

Gives an overview of Familial Hypercholesterolemia.

- **Family Heart Foundation: Familial Hypercholesterolemia**

<https://familyheart.org/familial-hypercholesterolemia>

Has an overview along with a video on Familial Hypercholesterolemia.

- **National Human Genome Research Institute: Learning about Familial Hypercholesterolemia**

<https://medlineplus.gov/cholesterol.html>

Provides an overview of Familial Hypercholesterolemia.

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

Document #1556
Amy Hyde, MILS- Mardigian Wellness Resource Center Librarian
Last Revised 09/2024