

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
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?**

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- CardioSmart
 - **Managing High Cholesterol**
<https://tinyurl.com/yt52r3z9>
- Krames
 - **Managing High Cholesterol and Other Lipids**
- National Heart, Lung and Blood Institute (NHLBI).
 - **Cholesterol & Your Heart: What You Need to Know.**
<https://www.nhlbi.nih.gov/sites/default/files/publications/THT-CholesterolFactSheet.508.%20FINAL.pdf>
 - **Your Guide to Lowering Cholesterol with TLC - Therapeutic Lifestyle Changes.** A comprehensive 84 page booklet. Access online at:
https://www.nhlbi.nih.gov/files/docs/public/heart/chol_tlc.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.

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- 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.
- 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.** 2nd ed. Hoboken, NJ: Wiley, 2008.

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- 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.

- American Heart Association
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
 - **Risk Factors for Heart Disease: LDL**
 - **Risk Factors for Heart Disease: Triglycerides**
 - **Risk Factors for Heart Disease: Fats**

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Web Resources

- **American Heart Association: Cholesterol**
<https://www.heart.org/en/health-topics/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>
Includes information on understanding high cholesterol, managing your cholesterol and questions to ask your doctor.
- **The National Heart, Lung, and Blood Institute (NHLBI): Blood Cholesterol**
<https://www.nhlbi.nih.gov/health/blood-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

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- Stress Management Services

For more information access <http://www.umcvc.org/medical-services/cardiovascular-disease-prevention-and-rehabilitation>
or call: 888.287.1082

- 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

Patient Support Organizations

- American Heart Association

<http://www.heart.org>

(800) 242-8721

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