

plan for high cholesterol – being more physically active, losing weight, and changing eating habits. It covers the different types of fats and advises which foods to eat and which to avoid. There is also information on medications which may be prescribed when lifestyle changes are not sufficient.

Availability:

BB225 MF 2002 Health Information & Wellness Centre, both locations

COMMUNITY RESOURCES

Heart and Stroke Foundation Toronto

2300 Yonge Street Ste. 1300
 Toronto, ON M4P 1E4
 Tel: 416-489-7111

Heart and Stroke Foundation Peel Region

201 County Court Boulevard Ste. 306
 Brampton, ON L6W 4L2
 Tel: 905-451-0021

Dietitians of Canada

Tel: 416-596-0857
 Email: centralinfo@dietitians.ca
<http://www.dietitians.ca>

*NB Nutrition counselling with a registered Dietitian is on a fee for service basis.

For more information on healthy lifestyles, see our HealthFinder titles **Nutrition, Vitamins & Minerals, Weight Management,** and **Physical Activity.**

CONTACT

Health Information & Wellness Centres

Trillium Health Centre - Mississauga

100 Queensway West
 Mississauga L5B 1B8
 905-848-7511

Trillium Health Centre - West Toronto

150 Sherway Drive
 Toronto M9C 1A5
 416-521-4187

Email: hiwc@thc.on.ca
<http://www.trilliumhealthcentre.org/health>

Mississauga Library System

905-615-3500 (for book locations)
<http://www.mississauga.ca/portal/residents/library>

Toronto Public Library

416-393-7131 (for book locations)
<http://www.torontopubliclibrary.ca>

This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.

To support the provision of health information at Trillium Health Centre, we have developed "HealthFinders" on a variety of health topics. These serve as starting points on your quest for health information, and represent just a selection of our resources. HealthFinders are also available through our web site at <http://www.trilliumhealthcentre.org/health>

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HEALTH INFORMATION
 AND WELLNESS CENTRE

HEALTHFINDER

Cholesterol



INTERNET SITES

Heart & Stroke Foundation

<http://tinyurl.com/ktcupa>

This is the major Canadian organization dedicated to preventing and reducing disability and death from heart disease and stroke. High blood cholesterol is one of the major risk factors for these diseases. The website provides descriptions of types of cholesterol and ways keep it under control.

The College of Family Physicians of Canada

<http://tinyurl.com/67h91g>

This is the website of a professional association but it has a patient information section, including a good article on cholesterol. It provides an explanation of blood cholesterol and how it becomes a risk factor for heart disease, as well as a list of good food choices and other tips for maintaining a healthy blood cholesterol.

Health Canada – Healthy Heart Kit

<http://tinyurl.com/5twzj5>

Health Canada developed this kit to provide information about the various risk factors for heart disease. One of them is cholesterol, and the site provides an excellent 8-page brochure on the topic. It explains what blood cholesterol is and details dietary and exercise choices to help control it.

Healthy Ontario

<http://tinyurl.com/6xwaj9>

This site, maintained by the Ontario Ministry of Health and Long Term Care, offers consumers trusted health information and advice for healthier living. It provides general information on cholesterol with dietary suggestions.

Mayo Clinic

<http://tinyurl.com/ox7g69>

The Mayo Clinic has an international reputation for excellence and expertise, and it provides comprehensive information on high blood cholesterol on its website. Topics covered include risk factors, diagnosis, treatments, lifestyle changes, and alternative remedies. There is also a selection of menus for heart-healthy eating.

Medline Plus <http://www.medlineplus.gov>

This authoritative site has many links to articles and features on cholesterol, including an Interactive Health Tutorial which allows the user to follow slide shows with words and pictures. At the Medline homepage, click on Health Topics, the first link listed. This will take you to a page where you can select your topic from an alphabetical display – click on C and then follow the link for Cholesterol.

American Heart Association

<http://tinyurl.com/8dsccl>

This site provides good information on managing cholesterol. Topics covered include a description of the substance, sources, types, common misconceptions, and some personal stories. There are also interactive quizzes and tips for ordering suitable foods when eating out.

BOOKS & VIDEOS

The Harvard Medical School Guide to Lowering your Cholesterol by Mason W. Freeman. New York: McGraw-Hill, 2005.

This guide for managing cholesterol comes from one of the world's most respected medical schools. It explains the difference between "good" and "bad" cholesterol, and how the level

in the blood affects health. Diet, exercise and medications to treat high cholesterol are covered in detail.

Availability:

BB225 F73 2005 Health Information & Wellness Centre, both locations
616.12305 FRE Mississauga Library System
616.12305 FRE Toronto Public Library System

What to about High Cholesterol A special report by Harvard Medical School. Boston, MA: Harvard Health Publications, 2007

This report delivers practical advice and current research findings in clear, easy-to-understand language. It provides information on cholesterol in the body, treatment methods, diet, exercise, and medications. There is also a section on new therapies.

Availability:

BB 225 H27 2007 Health Information & Wellness Centre, both locations
616.123 W335 Toronto Reference Library

Know Your Fats: the Complete Primer for Understanding the Nutrition of Fats, Oils, and Cholesterol by Mary G. Enig. Silver Spring, MD: Bethesda Press, 2000

Dr. Enig is a well known nutritionist and biochemist and this book reflects her expertise. It is a detailed look at the various types of fats and their properties and reaction in the human body. It also offers advice on the best fats and oils to maintain optimum health.

Availability:

BB 225 E36 2000 Health Information & Wellness Centre, both locations

High Cholesterol: an Introduction to Treatment Timonium, MD: Milner-Fenwick, 2002. 23:07 min.

This video provides the basics of the treatment