

## COMMUNITY RESOURCES

### Heart and Stroke Foundation Toronto

2300 Yonge Street Ste. 1300  
Toronto, ON M4P 1E4  
Tel: 416-644-0555

### 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](mailto:centralinfo@dietitians.ca)  
<http://www.dietitians.ca>

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

### Eat Right Ontario Helpline

Tel: 1-877-510-5102

to speak to a registered Dietitian  
9 a.m. – 5 p.m. Mon, Wed, and Fri  
9 a.m. – 9 p.m. Tue and Thur

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](mailto: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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*Life. We're in it together.*

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.

### 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/ox7q69>

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 Plus 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 & DVDs

*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 for loan:

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 for loan:

BB 225 H27 2007 Health Information & Wellness Centre, both locations

*High Cholesterol: an Introduction to Treatment* Timonium, MD: Milner-Fenwick, 2006. 13:08 min.

This DVD provides the basics of the treatment plan for high cholesterol, covering both lifestyle changes and medications. This edition includes information on fats, triglycerides, trans fats, low fat substitutes, and fibre. It also discusses quitting smoking, losing weight, and increasing physical activity.

#### Availability for loan:

BB225 M45 2006 Health Information & Wellness Centre, both locations