

Resources on High Cholesterol

Your health care providers give you a lot of great information to help you stay as healthy as possible. But sometimes you have more questions than your provider has time for answers. Here are some resources you can use to learn more about high cholesterol. Use the worksheet on the back to prepare for your clinic visit.

Books



Check with your local VA hospital or public library to find good titles.



Videos/Interactive Tutorials

Abnormal Cholesterol on Routine Blood Work
http://www.insidermedicine.com/Insidermedicine_Medline_Plus2.aspx?spgName=VIDEO_If_I_Had_Abnormal_Cholesterol_on_Routine_Blood_Work_Dr_Lori_Mosca_MD_MPh_PhD_NewYork_Presbyterian_Hospital_Columbia_University_Medical_Center_3287

MedlinePlus: Managing Cholesterol Tutorial
<http://www.nlm.nih.gov/medlineplus/tutorials/managingcholesterol/htm/index.htm>

Associations



American Heart Association
<http://www.heart.org/>

National Heart, Lung, and Blood Institute
<http://www.nhlbi.nih.gov/>

Web Information

National Heart, Lung, and Blood Institute:
What is Cholesterol?
<http://www.nhlbi.nih.gov/health/health-topics/topics/hbc/>

Mayo Clinic: High Cholesterol
<http://www.mayoclinic.com/health/high-blood-cholesterol/DS00178>

MedlinePlus: Cholesterol
<http://www.nlm.nih.gov/medlineplus/cholesterol.html>

NIH Senior Health: High Blood Cholesterol
<http://nihseniorhealth.gov/highbloodcholesterol/toc.html>

The Consumer Health Library Panel (CHLP), a group of professional librarians from the VA Library Network, developed this for you. You can find other information from the CHLP on the web at http://www.va.gov/VALNET/Consumer_Health.asp

Remember that your VA Librarians can help you find the health information you need.

(Over)

TeamTalk

You and Your Health Care Team

You are a key part of your health care team, and it is important to tell your team members what they need to know to treat you correctly. To make the most of your visits, fill out this worksheet and share it with your health care team at the **beginning** of your visit.

I am here today because: _____

I am most concerned about (symptom or health question): _____

My symptoms are (be specific): _____

The symptoms started: _____

I want to know more about: _____

Use this space to list your top 3 questions (be brief; put your most important question first):

1) _____

2) _____

3) _____

Key points my health care provider told me about my health today: _____

Actions I need to take: _____

I plan to go to my VA Librarian and ask about (ask a member of your team to print the name of the disease or medicine you want to know more about): _____
