

Prepare for National Cholesterol Education Month

September is National Cholesterol Education Month. With more than 65 million Americans diagnosed with this condition it is a great time to reinforce education with your patients as well as refresh your skill in cholesterol assessment and management.

The NHLBI offers many resources to help you prepare for National Cholesterol Education Month. They are featured on the National Cholesterol Education Month Web page at <http://hp2010.nhlbihin.net/cholmonth/>.

The National Heart Lung and Blood Institute and the National Institutes for Health specifically recommend the following websites for Clinicians:

- [Summary Report: Third Report of the Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults \(Adult Treatment Panel III = ATP III\)](#)
- [ATP III at a Glance: Physician's Quick Desk Reference](#)
- [ACC-AHA-NHLBI Clinical Advisory on the Use and Safety of Statins](#)
- [ATP III Update 2004: Implications of Recent Clinical Trials](#)

The following websites are suggested for patient viewing:

- National Cholesterol Awareness Month Homepage (hyperlink to: <http://hp2010.nhlbihin.net/cholmonth/>)
- Healthy Living Club's Cholesterol Overview (http://www.mainehealth.org/hlc_body.cfm?id=4305)
- What is a Cholesterol Test and How Do I Prepare? (<http://www.nlm.nih.gov/medlineplus/ency/article/003492.htm>)
- What does my Cholesterol Level mean? (<http://familydoctor.org/online/famdocen/home/common/heartdisease/risk/029.printerview.html>)
- Heart Disease Risk Calculator Tool (hyperlink to: <http://hp2010.nhlbihin.net/atpiii/calculator.asp?usertype=prof>)