

CHOLESTEROL & HEART DISEASE Information Guide

WEBSITES

CANADIAN HEART & STROKE FOUNDATION

www.heartandstroke.on.ca

AMERICAN HEART ASSOCIATION

www.heart.org

MEDLINEPLUS

www.nlm.nih.gov/medlineplus/cholesterol.html

NATIONAL HEART, BLOOD AND LUNG INSTITUTE

www.nhlbi.nih.gov/index.htm

NEED MORE INFO?

PHONE: (519) 743-7502

EMAIL: askus@kpl.org

WEBSITE: www.kpl.org/ref/healthlink.html

IN PERSON: at any KPL location

COMMUNITY CONTACTS

Heart and Stroke Foundation of Ontario

2-1373 Victoria St. N.

Kitchener, On N2B 3R6

Phone: (519) 571-9600

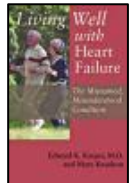


BOOKS

**Living well with heart failure, the
misnamed, misunderstood condition**

Edward Kasper **2010**

[616.129 Kasper](tel:616.129)



**The complete guide to lowering your
cholesterol: your all in one resource for a
heart-healthy life**

Mary Mihaly **2011**

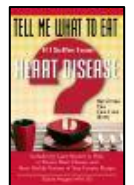
[616.3997 Mihal](tel:616.3997)



**Tell me what to eat if I suffer from heart
disease: nutrition you can live with**

Elaine Magee **2010**

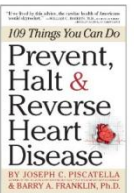
[616.12 Magee](tel:616.12)



**Prevent, health & reverse heart disease:
109 things you can do**

Joseph Piscatella **2011**

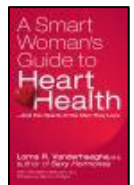
[616.12305 Pisca 2011](tel:616.12305)



**A smart woman's guide to heart health –
and the hearts of the men they love**

Lorna Vanderhaeghe **2010**

[616.12 Vande](tel:616.12)



www.kpl.org