

# A GLOBAL CHOLESTEROL ACTION PLAN

## ACTIVATING CHANGE TO REDUCE THE IMPACT OF UNHEALTHY CHOLESTEROL LEVELS

A main risk factor for atherosclerotic cardiovascular disease (ASCVD) which leads to heart attacks and stroke is elevated LDL-Cholesterol, known as bad cholesterol – it is a critical modifiable risk factor. For some, elevated LDL-C is a result of an inherited genetic condition called familial hypercholesterolemia or FH.

Working with patient community partners across the globe, the Global Heart Hub has set goals and actions to ensure unhealthy cholesterol levels are addressed as a public health priority.

### GOAL #



#### BUILD ALLIANCES

**Create country or regional intersectoral alliances to address the urgent need to reduce cholesterol-related ASCVD risk**

##### ACTIONS:

- Identify a lead organization to champion the creation of regional or country multistakeholder alliances to move the needle on unhealthy cholesterol levels, the underlying cause of 85% of heart attack or stroke-related death
- Create country-level or regional alliances or movements that bring together patient organizations, healthcare professionals and other non-traditional

stakeholders who are motivated to mobilize streamlined, integrated action

- Develop strategies to secure resources from various sources to support the multistakeholder alliances to implement advocacy and awareness activities to advance alliance goals

### GOAL #



#### RAISE PUBLIC AWARENESS

**Improve public understanding of the serious risks of unhealthy cholesterol levels**

##### ACTIONS:

- Collect regional/country data to frame the scale of the unhealthy cholesterol problem and the burden on health care systems
- Develop powerful messages to explain how unhealthy cholesterol levels present a significant health threat that unknowingly puts people at risk of heart attack, stroke or premature death and are a major driver of ASCVD

- Disseminate evidence-based messages to create public awareness of this growing health issue, the serious risks and urgent need to address unhealthy cholesterol levels and to give a voice to the people who are at risk

### GOAL #



#### ACTIVATE ALLIANCES

**Mobilize alliances to roll out integrated advocacy**

##### ACTIONS:

- Implement training sessions to build advocacy skills for alliance members
- Package global and regional evidence to demonstrate the relevance of cholesterol to the burden of ASCVD and the urgent need to improve unhealthy cholesterol levels

- Present a call to action to governments and other stakeholders to prioritize and address unhealthy cholesterol levels as a public health priority

- Urge governments and other stakeholders to collaborate with the alliance and cardiovascular communities to address this large-scale health care system challenge and improve health outcomes

### GOAL #



#### IMPROVE HIGH CHOLESTEROL DETECTION AND MANAGEMENT

**Encourage implementation of approaches to reduce gaps in cholesterol testing and treatment**

##### ACTIONS:

- Identify regional/country level barriers to reducing modifiable cholesterol-related ASCVD-risk
- Activate governments and policy makers to develop, build on or support existing strategies to improve high-cholesterol detection and treatment

- Enable best practice-sharing to optimize regional / country level cholesterol testing and treatment approaches

# Action Plan For High Cholesterol

**Albert A Gayle**



## **Action Plan For High Cholesterol:**

**Best Practices for Comprehensive Tobacco Control Programs**, 2007 *Action Plan for High Cholesterol* J. Larry Durstine, 2006 Boost your energy lose weight and rejuvenate your heart with a proven cholesterol fighting exercise program Unlike fad diets that cut weight at any cost Action Plan for High Cholesterol contains proven programs to bring your cholesterol levels under control as quickly and effectively as possible Learn what type of exercise is best and how frequent and intense your workouts should be Find out which cholesterol medicine might be better for you or how you may be able to change your lifestyle to reduce or even eliminate medications completely Developed in conjunction with the American College of Sports Medicine Action Plan for High Cholesterol presents the latest research on exercise diet medication and complementary and alternative methods for your body Take control of your heart health and feel better than you ever thought possible *Griffith's Instructions for Patients E-Book* Stephen W. Moore, 2010-08-02 With over 430 patient instruction fact sheets and an additional 123 patient instruction sheets online the new edition of Griffith's Instructions for Patients by Stephen W Moore MD helps patients understand what their illness is how it will affect their regular routine what self care is required and when to call a doctor Consistently formatted and organized by topic for easy use it provides descriptions of each illness including frequent signs and symptoms possible causes risks preventive measures expected outcomes possible complications and treatments Newly added topics include Chronic Pain Syndrome Dry Eye Syndrome Incontinence Fecal Influenza H1N1 Methicillin Resistant Staphylococcus Aureus MRSA Mold Allergy Patellofemoral Pain Syndrome Perimenopause Sarcopenia Spinal Stenosis and Stroke Silent Printable instruction sheets in English and Spanish 23 separate patient information guides to various types of diets from Adult Regular Healthy Diet to Weight Reduction Diet are downloadable at expertconsult.com Quickly find what you need with consistently formatted guides organized by topic for easy use Help your patients understand what their illness is how it will affect their regular routine what self care is required and when to call a doctor thanks to over 430 patient education guides and an additional 123 guides online reflecting the latest therapeutic information Ensure the best patient encounters and outcomes with downloadable customizable English and Spanish patient education guides on expertconsult.com Educate your patients about timely topics such as Chronic Pain Syndrome Dry Eye Syndrome Incontinence Fecal Influenza H1N1 Methicillin Resistant Staphylococcus Aureus MRSA Mold Allergy Patellofemoral Pain Syndrome Perimenopause Sarcopenia Spinal Stenosis and Stroke Silent [Say No To Heart Disease](#) Patrick Holford, 2012-09-06 We have a 50 per cent chance of dying from heart or artery disease However these devastating diseases can be prevented by using a simple yet powerful medicine food In Say No to Heart Disease you will learn how eating the right foods and correctly supplementing your diet can eliminate your chances of a heart attack lower your blood pressure without drugs reverse artery disease maximise recovery after a stroke or heart attack and add twenty years to your healthy lifespan Informative and practical it describes the cardiovascular system and what goes wrong with it

the key theories on the major contributors to heart disease how to work out your own risk and which areas of your diet and lifestyle to focus on in order to minimise your risk It also gives advice on maximising recovery from a heart attack or stroke

*Complete Guide to Symptoms, Illness & Surgery* H. Winter Griffith, 2012-12-04 The most trusted medical resource now updated expanded and revised For almost three decades readers have turned to *The Complete Guide to Symptoms Illness Surgery* for the most comprehensive and easy to use tool for diagnosing understanding and seeking treatment for any illness from the common cold to life threatening cancer and heart disease With up to date information on new medical therapies drugs and surgeries this authoritative all in one handbook will help sort out the confusing and conflicting information found online and many other places This edition has been completely revised and updated throughout and features More than 20 new illness and disorders topics ranging from Chronic Pain Syndrome to Perimenopause to Silent Stroke and Smoking Addiction Appendix covering diets and other preventive measures An extensive Glossary of medical related words and terminology with easy to understand explanations about medical tests and brief descriptions of certain rare diseases and disorders From signs and symptoms to information on complications and outcomes from diagnostic tests to advice on when to call the doctor *The Complete Guide to Symptoms Illness Surgery* is the most reliable and accessible resource available

**U.S. News & World Report** ,2008    **Newsweek** ,2009    **Clinical Obesity in Adults and Children** Peter G. Kopelman, Ian D. Caterson, William H. Dietz, 2008-04-15 Highly Commended in the 2006 British Medical Association Book Awards Endocrinology This Second Edition brings together more than 20 internationally recognized experts in the field to provide a timely review of current knowledge The text remains an invaluable resource for all healthcare professionals involved in the care of patients who are obese New features of this Second Edition include Addition of two new co editors Professor Bill Dietz USA and Professor Ian Caterson Australia Increased number of contributors from around the globe providing a truly international perspective Includes new information about the causes of obesity its complications and new and novel methods of prevention and treatment Reorganized into sections that address obesity and its social and cultural aspects biology associated diseases life stages pediatric and adult management and environmental and policy approaches    **Time** ,2010

**The Healthy Heart Handbook for Women** David Ashton, 2000 HEART DISEASE is the biggest killer of women more than all forms of cancers put together Yet for the past two decades the media and press reporting of heart disease has continued to reinforce the view that it is solely a man's problem During the last decade there has been a remarkable growth in the understanding of the causes of heart disease in women including a study undertaken by the author which has provided a new insight into the role of body weight physical activity blood pressure the menopause and female hormones And what is clear from the evidence is that MOST HEART DISEASE IS ENTIRELY PREVENTABLE *The Healthy Heart Handbook for Women* shows how by undertaking a few fundamental changes in lifestyle particularly in regard to diet and exercise women can substantially reduce the risk of getting heart disease in the first place or where it already exists a worsening of the

condition Completely practical THE HEALTHY HEART HANDBOOK FOR WOMEN first shows you how to assess your own risk and then proposes action to reduce that risk Written by an eminent cardiologist and endorsed by the British heart Foundation this book will become the bible for women everywhere Complete Guide to Symptoms, Illness & Surgery Henry Winter Griffith,2006 Matches common symptoms with possible causes and recommended actions and provides information about common surgical procedures **Healthy Iowans 2010** ,2005 The Johns Hopkins Complete Guide for Preventing and Reversing Heart Disease Peter Kwiterovich,1998 There s Good News Today with proper guidance you can avoid control and even reverse cardiovascular disease This award winning book shows you how Here is all the latest news on what doctors know about heart disease and how you can prevent it clearly explained by a top ranking researcher from one of the world s greatest medical institutions In this book the 1990 winner of the prestigious Blakeslee Award for Excellence from the American Heart Association Dr Kwiterovich gives the most comprehensive and medically accurate information for preventing and reversing heart disease The Johns Hopkins Complete Guide to Preventing and Reversing Heart Disease includes How to assess and reduce your risk of heart attack What good cholesterol is and how to get more of it The role of genetic factors have you inherited your parent s heart disease How to prepare delicious lowfat recipes and how to take a scientific approach to exercise When to have your blood triglyceride level checked What drugs can and cannot do What you must ask your doctor to ensure you are getting an accurate cholesterol count and the best treatment Heart disease is far too serious a condition to treat with fad diets and feel good books The Johns Hopkins Complete Guide to Preventing and Reversing Heart Disease is an action plan for healthful living starting right now **Concepts of Physical Fitness** Charles B. Corbin,Gregory J. Welk,William R. Corbin,2006-12 Through the use of activity labs and logs Concepts of Physical Fitness provides readers with the self management skills necessary to adopt a healthy lifestyle *Global Health 101* Richard Skolnik,2019-10-10 *Global Health 101* Fourth Edition is a clear concise and user friendly introduction to the most critical issues in global health Drawing from his 40 years of experience working in international development and global health as well as teaching the author illustrates key themes through an extensive set of case studies examples and the latest evidence The fourth edition offers a significant amount of new and updated information while maintaining the clarity simplicity and ease of use that has made this text so popular *Global Health 101* Fourth Edition builds in unique ways on evidence from fundamental sources including the Global Burden of Disease Studies Disease Control Priorities Third Edition DCP3 and Millions Saved This edition includes an enhanced emphasis on Universal Health Coverage ethical priority setting health disparities and the quality of care In addition this thorough update now presents substantial data by World Bank region and World Bank country income group Other noteworthy updates to the Fourth Edition include UPDATED COVERAGE of the global burden of disease and risk factors and of recommended interventions at different parts of the health system to address key health burdens ENHANCED COVERAGE of the determinants of health the health of women the health of children

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*Disease Free* Matthew Hoffman, William LeGro, Matthew Hoffman, MD, 1996-07 From America's most renowned experts here is invaluable advice on preventing and treating heart disease sinus problems stress high blood pressure and more than 100 other conditions Includes hundreds of prevention strategies healing with foods easing aches and pains and more

*Griffith's Instructions for Patients* Stephen W. Moore, 2005 The new edition of this popular patient teaching tool improves compliance speeds recovery and increases understanding Over 500 patient instruction fact sheets on topics from

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