

Online Resources for Patients

Cholesterol

- What You Need To Know About High Blood Cholesterol
http://www.nhlbi.nih.gov/health/public/heart/chol/cholesterol_atglance.pdf
- Do You Know Your Cholesterol Levels? (¿Cómo están sus niveles de colesterol?)
<http://www.nhlbi.nih.gov/health/public/heart/other/latino/chol/cholesterol.pdf>
- High Blood Cholesterol – What You Need to Know
<http://www.nhlbi.nih.gov/health/public/heart/chol/wyntk.pdf>
- Your Guide to Lowering Cholesterol
http://www.nhlbi.nih.gov/health/public/heart/chol/chol_tlc.pdf
- Risk Assessment Tool for Estimating Your 10-year Risk of Having a Heart Attack
<http://hp2010.nhlbihin.net/atpiii/calculator.asp>

Diabetes Mellitus

- National Diabetes Information Clearinghouse
<http://diabetes.niddk.nih.gov/intro/>

Hypertension

- Lowering Your Blood Pressure with DASH
http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/dash_atglance.pdf
http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/dash_brief.pdf
http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf
- Keep the Beat: Control Your High Blood Pressure (Cuide su vida: Controle su presión arterial alta)
<http://www.nhlbi.nih.gov/health/public/heart/other/latino/hbp/bloodpressure.pdf>
- Keep Your Heart in Check – Know Your Blood Pressure Number (Haõy Khaùm Kieãm Tra Tim – Bieát Soá Ño Huyeát AÙp Cuûa Bãin – bilingual English, Vietnamese)
http://www.nhlbi.nih.gov/health/public/heart/other/viet_facts/viet-hbp.pdf
- My Blood Pressure Wallet Card
<http://www.nhlbi.nih.gov/health/public/heart/hbp/hbpwallet.pdf>
- Your Guide to Lowering Blood Pressure
http://www.nhlbi.nih.gov/health/public/heart/hbp/hbp_low/hbp_low.pdf

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