

**Useful References and Websites for the
Canadian Diabetes Association's Patient Resource
Cholesterol + Diabetes: Healthy nutrition and lifestyle choices
December 2006**

The reference list below will provide the diabetes educator with quick access to current issues in lipids and lifestyle. It is not all-encompassing; rather, the list provides important background information to assist the educator in understanding the issues regarding the October 2006 publication of *Cholesterol + Diabetes: Healthy nutrition and lifestyle choices*.

References

1. Bantle JP, Wylie-Rosett J, Albright, AL, et al. Nutrition recommendations and interventions for diabetes—2006: A position statement of the American Diabetes Association. *Diabetes Care*. 2006;29:2140-2157.
2. Denke MA. Diet, lifestyle, and nonstatin trials: Review of time to benefit. *Am J Cardiol*. 2005;96(suppl 5A):3F-10F.
3. Denke MA. Dietary prescriptions to control dyslipidemias. *Circulation*. 2002;105:132-135.
4. Erkkila AT, Lichtenstein AH. Fibre and cardiovascular disease risk: How strong is the evidence? *J Cardiovasc Nurs*. 2006;21:3-8.
5. Fletcher B, Berra K, Ades P, et al. Managing Abnormal Blood Lipids: A Collaborative Approach. *Circulation*. 2005;112:3184-3209.
6. Fung MA, Frohlich JJ. Common problems in the management of hypertriglyceridemia. *CMAJ*. 2002;167:1261-1266.
7. Genest J, Frohlich R, Fodor G, et al. Recommendations for the management of dyslipidemia and the prevention of cardiovascular disease: Summary of the 2003 update. *CMAJ*. 2003;169:921-924.

8. Genest J, Frohlich R, Fodor G, et al. Recommendations for the management of dyslipidemia and the prevention of cardiovascular disease: Summary of the 2003 update [erratum]. *CMAJ*. 2003;169:1149.
9. Howard BV, Wylie-Rosett J. Sugar and cardiovascular disease. A statement for healthcare professionals from the Committee on Nutrition of the Council on Nutrition, Physical Activity, and Metabolism of the American Heart Association. *Circulation*. 2002;106:523-527.
10. Hu FB, Willett WC. Optimal diets for prevention of coronary heart disease. *JAMA*. 2002;288:2569-2578.
11. Leiter LA, Genest J, Harris SB, et al, for the Canadian Diabetes Association Clinical Practice Guidelines Expert Committee. Dyslipidemia in adults with diabetes. *Can J Diabetes*. 2006;30:230-240.
12. Lichtenstein AH, Appel LJ, Brands M, et al. Diet and lifestyle recommendations revisions 2006: A scientific statement from the American Heart Association Nutrition Committee. *Circulation*. 2006;114:82-98.
13. Manuel DG, Tanuseputro P, Mustard CA, et al. The 2003 Canadian recommendations for dyslipidemia management: Revisions are needed. *CMAJ*. 2005;172:1027-1031.
14. McPherson R, Frohlich J, Fodor G, et al. Canadian Cardiovascular Society position statement. Recommendations for the diagnosis and treatment of dyslipidemia and prevention of cardiovascular disease. *Can J Cardiol*. 2006;22:913-927.
15. Mukuddem-Petersen J, Oosthuizen W, Jerling JC. A systematic review of the effects of nuts on blood lipid profiles in humans. *J Nutr*. 2005;135:2082-2089.
16. Opperman AM, Venter CS, Oosthuizen W, et al. Meta-analysis of the health effects of using the glycemic index in meal planning. *Br J Nutr*. 2004;92:367-381.
17. Pejic RN, Lee DT. Hypertriglyceridemia. *J Am Board Fam Med*. 2006;19:310-316.

18. Sacks FM, Lichtenstein A, Van Horn L, et al. Soy protein, isoflavones, and cardiovascular health: An American Heart Association science advisory for professionals. *Circulation*. 2006;113:1034-1044.
19. Sirtori CR, Arnoldi A, Johnson SK. Phytoestrogens: End of a tale? *Ann Med*. 2005;37:423-438.
20. Smiley T. *Dyslipidemia—A Practical Approach to Management for Pharmacists*. *Pharmacy Pract*. 2005;April(suppl). Available at: http://www.novopharm.com/uploadedFiles/CEP_April_2005_e.pdf. Accessed November 22, 2006.
21. Valabhji J, Elkeles RS. Dyslipidemia in type 2 diabetes: Epidemiology and biochemistry. *Br J Diabetes Vasc Dis*. 2003;3:184-189.
22. Varady KA, Jones PJ. Combination diet and exercise interventions for the treatment of dyslipidemia: An effective preliminary strategy to lower cholesterol levels? *J Nutr*. 2005;135:1829-1835.

Websites

Canadian Diabetes Association (www.diabetes.ca)

Canadian Health Network (www.canadian-health-network.ca)

Canadian Obesity Network (www.obesitynetwork.ca)

Dietitians of Canada (www.dietitians.ca)

Heart and Stroke Foundation of Canada (www.heartandstroke.ca)