

Lipid Books Recommended by
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I have often been asked by many what are the basic reference books one should have on the shelf if lipidology is your passion. By far the best way to understand lipids and their treatment is to read and re-read and memorize the full NCEP Guidelines which can be downloaded for free at

<http://www.nhlbi.nih.gov/guidelines/cholesterol/index.htm>

The following two are excellent, affordable paperback texts. Go to www.amazon.com or any other book seller source. NLA members see at www.lipid.org as some are discounted there.

Lipid Essentials Michael Davidson & Robert Gleeson Prevent CVD Publishing Milwaukee, WI
www.preventCVD-publishing.com This is a great text to help those who need to make the transition from the lipid profile to the lipoprotein profile

Management of Lipids in Clinical Practice Stone & Conrad Blum

Advanced Students: More costly

John Hopkins Textbook of Dyslipidemia Peter Kwitterovich. Has my highest recommendation

Hyperlipidemia Diagnosis and Management 3rd Edition Paul Durrington
Publisher Hodder Arnold This is also a superb book with a lot of biochemistry.

Handbook of Lipoprotein Testing 2nd Addition (2000) Rifai, Warnick and Dominiczak AACC Press
A classic worth reading if you can find it Helps, the lipidologist understand the laboratorian

Therapeutic Lipidology by Humana Press by
Davidson MH, Maki KC and Toth P www.humana.com
I am the author of Chapter 14 dealing with sterols
See at www.lipid.org

Clinical Challenges in Lipid Disorders Peter Toth and Domenic Sica
Clinical Publishing & Oxford 2008 This is excellent for the practicing physician interested in going to the next level.

Lipid Biochemistry: An Introduction Gurr, Harwood and Frayn Blackwell Science A readable yet thorough review of all the biochemistry you forgot

Primary Hyperlipidemia J Davignon and R Dufour. 2007 Advanced material on genetic lipidoses www.clinicalpublishing.co.uk See at www.lipid.org (publications)

For those interested in the History of Lipids:

A Change of Heart The Framingham Heart Study by Daniel Levy and Susan Brink Alfred Knopf Publishers NY 2005

The Cholesterol Wars: The Cholesterol Skeptics vs the Preponderance of Evidence By Daniel Steinberg An absolute must for any board certified lipidologist. You will find out from where we came and how we got there. Academic Press (Elsevier) 2007

The Triumph of the Heart: The Story of Statins Jie Jack Li Oxford