High Cholesterol

Cholesterol is a waxy, fatty substance that occurs naturally in your body and is needed for proper body function. It is found in several places in the body, such as the cells in your brain, nerves, muscles and skin. The body naturally makes all the cholesterol it needs. Excess cholesterol is either excreted from the body or deposited in the arteries, eventually narrowing them and putting you at higher risk of heart disease and stroke. If you have high cholesterol, it's something you need to stay on top of through regular checkups with your family doctor or cardiologist.

Improvements to your health begins with these simple steps.

Know Your Risks

You have a higher risk of high cholesterol if you:

▪ Don't get enough exercise

▪ Are overweight

▪ Have a poor diet

▪ Have family history of high blood cholesterol

▪ Drink alcohol or smoke

Protect Yourself

If you have high cholesterol, it is important to talk to your doctor about steps to take to reduce it. These may help:

▪ Get to, or maintain a healthy weight

▪ Eat a healthy diet

▪ Exercise regularly

▪ Quit smoking

Take Control

If you already have high cholesterol, it's essential that you:

▪ See your doctor regularly

▪ Get recommended tests

▪ Follow your treatment plan

Manage your symptoms

Avoid serious complications

Know your treatment plan

Control your condition

Improve your overall health

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