DO YOU HAVE HIGH CHOLESTEROL?

Cholesterol and You

High cholesterol is a major risk factor for heart disease, the leading killer of men and women in the United States. If you have high cholesterol:

✓ Talk to your doctor about a treatment plan—this will include lifestyle changes and possibly medication.

✓ Adopt healthier behaviors and habits: maintain a healthy weight, increase physical activity, eating nutritiously, eliminate tobacco use, and lower your blood pressure.

For informational purposes only. Consult a medical professional for medical advice.