

Risk factors for high cholesterol

Too much cholesterol can increase your chance of having heart and blood vessel disease. There are many risk factors for high cholesterol and causes of it.

Risk factors for high cholesterol you can control

You can control some risk factors for high cholesterol that can lead to problems with your heart or blood vessels. Find out how you can control these risk factors. You may be able to help lower your chance of future heart problems.

These are risk factors for high cholesterol or heart disease that you can help control:

- The food you eat
- Weight
- Exercise habits
- Diabetes or increased blood sugar
- Smoking



TIP

Find out how you can lower your cholesterol. Ask your health care provider to help you.

Continued from other side

Risk factors for high cholesterol you cannot control

There are some things you can do to help lower your cholesterol. But you may have some risk factors for high cholesterol that you cannot control.

These are risk factors for high cholesterol you cannot control:

- Your family history
- Your sex (man or woman)
- Your age

TIP

Find out if you have a family history of high cholesterol. Tell your health care provider if someone in your family has high cholesterol or a history of heart disease.

