

Make a plan to manage your high cholesterol

You need to take your high cholesterol seriously. When you have high cholesterol, you are at risk of cardiovascular disease. This includes a range of problems with the heart or blood vessels.

There are 2 ways to lower your cholesterol:

- 1. Lifestyle Changes.** This means working with your health care provider to change your diet and exercise patterns, which include:
 - Eating healthy
 - Being more active
 - Controlling your weight
- 2. Medicine.** You may also need medicine to help lower your cholesterol.



TIP

Always follow your cholesterol treatment plan. Ask your health care provider if you have questions about your treatment plan.

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Eating healthy foods instead of foods high in fat can help lower your cholesterol levels and risk of heart disease. A healthy food plan includes:

- Eating fresh fruits.
- Eating fresh vegetables.
- Eating less fat, such as saturated fats and trans fats.
- Eating foods with less cholesterol.
- Eating foods high in fiber.

Being active can help lower your LDL (bad) cholesterol. It can also help raise your HDL (good) cholesterol.

If you are overweight, you should try to lose weight. Weight loss can help lower your LDL (bad) cholesterol.

Your health care provider may give you medicine to help lower your cholesterol. Take your medicine as directed by your health care provider and pharmacy.

While you are on medicine, your health care provider will check your cholesterol levels on a regular basis.

TIP

Ask your health care provider to help you choose healthy foods. Ask for help with an exercise plan, too.

