

# Taking medicine to help lower your cholesterol

Some cholesterol comes from the food you eat. Your body also makes cholesterol. Changing the foods you eat or your exercise habits may help to lower your cholesterol. But sometimes you may also need medicine to lower your cholesterol even more.

Take the medicine your health care provider prescribed for you. Learn how and when to take it. Your medicine may not work if you do not take it in the way your health care provider recommended.

Your cholesterol medicine can help your cholesterol levels stay low. If you stop your medicine, your cholesterol might get high again. Ask your health care provider before you stop taking your medicine.



## TIP

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## Tips to remember to take your medicine

There are things you can do to remember to take your medicine.

Here are some tips to help you remember to take your medicine:

- Take your medicine at the same time every day. Try taking it at the same time you do other daily tasks. For example, take it before you brush your teeth.
- Set an alarm clock. Or set the alarm on your phone to remind you to take your medicine.
- Ask for help from family and friends.
- Keep a daily medicine calendar. Write down every time you take your medicine. Write down how much you take. Write on your calendar when it is time to order and pick up refills.
- Put a note on your refrigerator or on your bathroom mirror.

### TIP

Talk to your health care provider if you forget to take your medicine. Your health care provider can help you find ways to remember.

