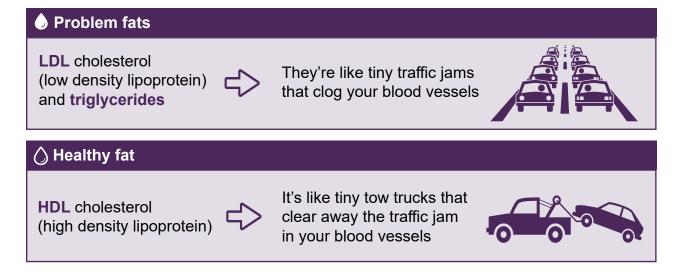
Control your high cholesterol





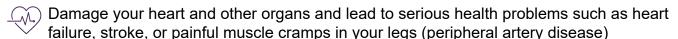
What is high cholesterol and why is it a problem?

High cholesterol means your bloodstream has too much cholesterol, which is a waxy, fat-like substance. Your body naturally makes cholesterol and a type of fat called triglycerides.



Health problems happen when you have extra cholesterol and triglycerides from eating high-fat foods. High cholesterol can also run in families, even in people who usually eat healthy foods.

If not treated, high cholesterol and triglycerides can:



Cost a lot if you get one of these health problems and have high medical bills

Luckily, you can help improve this problem over time by eating healthy foods, being active, and taking any cholesterol medicines your doctor may prescribe.

2 ways to lower your cholesterol and triglycerides

1	Ask your doctor to check your cholesterol and triglycerides Your doctor will do a blood test to see if you have high cholesterol or high triglycerides, then help you create an action plan to lower them. Ask these questions:				
	■ Will I need medicine to help lower my cholesterol? ☐ Yes ☐ No ☐ Maybe				
	■ How often should I get my cholesterol checked?times each(year, month, week, day)				



What are my cholesterol and triglyceride numbers? Write them below:						
My check-ups:	LDL "bad" cholesterol	HDL "good" cholesterol	Total cholesterol	Triglyceride fat		
	☆ Goal: Aim to lower this to less than mg/dL	☆ Goal: Aim to raise this to at least mg/dL	☆ Goal: Aim to lower this to less than mg/dL	☆ Goal: Aim to lower this to less thanmg/dL		
1 st visit Date:						
2 nd visit Date:						
3 rd visit Date:						
2 Get active, eat healthy, know your numbers						
Ask my doctor if I need to lose weight – if I need to, I'll lose weight slowly by following a healthy eating plan and being more active						
Be active t	Be active for 30 minutes a day most days of the week Try:					
Know my l	Know my blood pressure and blood sugar levels					
fresh fruits	Eat less cholesterol and triglycerides by eating more fresh fruits and veggies at home and less pre-prepared foods and restaurant meals					
serving is a	Drink less than 1-2 servings of alcohol each day (a serving is a 12 ounce glass of beer, a 5 ounce glass of wine, or a 1½ ounce shot of a hard liquor)					
Quit smoking – I'll call the free Tobacco Quitline: 1-800-QUIT-NOW (1-800-784-8669) or work with my doctor						
Learn more						
Visit these websites and enter "cholesterol" or "triglycerides" in the site's Search box:						
Million Hearts: millionhearts.hhs.gov American Heart Association: heart.org Mayo Clinic: mayoclinic.org						



