Not only does high blood cholesterol strongly increase your chances of having a heart attack or developing cardiovascular disease, it also puts you at greater risk for other serious health problems:

To achieve healthy cholesterol levels, you may require both changes in lifestyle habits and cholesterol-lowering drugs. Medications can lower LDL and triglycerides, raise HDL, and reduce the amount of dietary cholesterol absorbed.

WHAT CAN I DO?

To achieve healthy cholesterol levels, you may require both changes in lifestyle habits and cholesterol-lowering drugs. Medications can lower LDL and triglycerides, raise HDL, and reduce the amount of dietary cholesterol absorbed.

Talk to your doctor about your cholesterol levels!