

High Cholesterol

High cholesterol is the same as hyperlipidemia (hi-per-lip-a-dee-mee-a). High cholesterol is when you have too much fat in your blood.



Exercise or walk at least 30 minutes each day.



Do not smoke.



Eat 5 servings of fruits and vegetables every day.

What Can I Do to Help Lower My Cholesterol?

Change the Way You Eat

- Make an appointment with a dietician
- Eat foods that do not have much fat or grease
- Eat 5 servings of fruits and vegetables every day
- Eat more whole grains and less red meats

Set Your Goals by Knowing Your Numbers

- How much should I weigh? _____
- How much do I weigh? _____
- What is my cholesterol goal number? _____
- What is my cholesterol number? _____

Too much fat in your blood can cause a stroke (brain attack), heart attack or heart disease.

Change What You Do Every Day

- Exercise or walk at least 30 minutes every day
- Work hard on your diet and exercise to keep from being overweight
- Do not smoke

How Can My Doctor Tell If I Have High Cholesterol?

- Your doctor does a blood test
- If you are at least 20 years old, your doctor should test your blood to measure fat levels.

Things to ask your doctor or pharmacist about high cholesterol:

- What is the name of my cholesterol medicine? _____
- What time of day should I take my cholesterol medicine? _____
- How long will I need to take my cholesterol medicine? _____
- Does it matter if I take my medicine *with* or *without* food? _____
- Are there any foods or drinks I should not have while taking my medicine? _____
- What are the side effects of my cholesterol medicine? _____
- How can I stop smoking? Should I set a 'quit date'? _____