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 ARE THE RISKS?**

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:

**WHAT CAN I DO?**

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**Statins** (safe and effective for lowering cholesterol, plaque build-up)

**Fibrates** (reduce triglyceride production and increase HDL)

**Niacin** (treats low levels of HDL and elevated triglycerides)

**Resins** (block absorption of cholesterol in small intestine)

High blood cholesterol strongly increases your chances of having a heart attack or developing cardiovascular disease. Know your levels and what you need to do:

**Talk to your doctor about your cholesterol levels!**