Have High Cholesterol?

Get the facts and make a plan
by Take Cholesterol to Heart (Paid Content) | Comments: 0

**5 Cholesterol Facts**

Learn more about high cholesterol, which affects more than 100 million Americans.

If you’re one of the more than 100 million adults in America with high cholesterol, you know that staying on top of your treatment regime – which often includes a healthy diet and lifestyle along with a statin medication – is not always top of mind. You can’t “see or feel” high cholesterol like you can with some other medical conditions, so it may be easy to ignore, but doing so can have dire health consequences. Left untreated, high cholesterol can cause a thick, hard buildup within the walls of the arteries. This may eventually lead to a heart attack or stroke, two of the leading causes of death in the U.S. Is that a risk you’re willing to take?

Interested in knowing more about high cholesterol and how you can be better protected from the health risks associated with high cholesterol?

**How can I lower my cholesterol?**

Some common suggestions are to:

- **Exercise**
- **Take a prescription medication (like a statin)**
- **Eat a healthy diet**

Your doctor can talk to you about different ways to help lower your cholesterol. Together you can develop a plan that consists of exercise, consuming a healthy diet and a prescription treatment plan that may include a statin. This plan is in your insurance policy to reduce your risk of serious health events.

Click here to download the full Doctor Discussion Guide.