

## Cholesterol Management: A Patient's Guide

Cholesterol is a type of fat in your blood. Your body needs some cholesterol, but too much can cause plaque buildup in your arteries, leading to heart disease and stroke.

- **LDL (Bad Cholesterol)** – Leads to plaque buildup. High levels increase heart disease risk.
- **HDL (Good Cholesterol)** – Helps remove LDL from the blood. Higher levels are beneficial.
- **Triglycerides** – Excess fat in the blood. High levels increase heart disease risk.

### 📌 Why is Managing Cholesterol Important?

- ✓ Reduces risk of heart attack & stroke
- ✓ Keeps arteries clear & healthy
- ✓ Supports long-term heart health

### 🥗 Healthy Lifestyle Changes

#### 🍏 Diet:

- ✓ Eat whole grains, fruits, & veggies
- ✓ Include lean proteins (chicken, fish, beans)
- ✓ Choose healthy fats (nuts, olive oil)
- ✗ Avoid fried & processed foods

#### 🏃 Exercise:

- ✓ Aerobic activity 3-4 times/week and 40 min per session
- ✓ Brisk walking, jogging, swimming, or cycling
- ✓ Maintain healthy weight

#### 🚭 Quit Smoking & Limit Alcohol:

- ✓ Get connected with ASHLine today for tobacco cessation

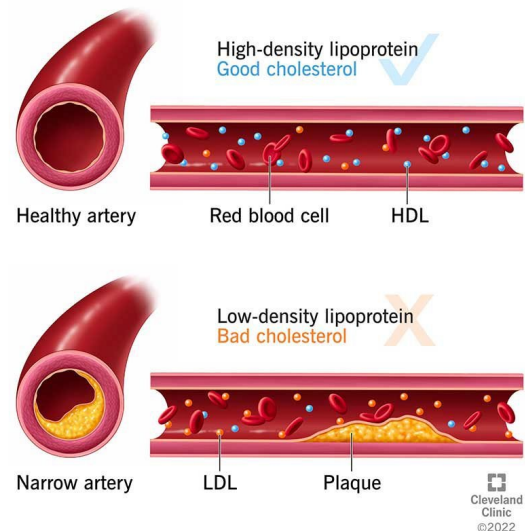
### 📍 Medications for Cholesterol

- 💡 Statins (Atorvastatin, Rosuvastatin): Lower LDL
- 💡 Ezetimibe: Blocks cholesterol absorption
- 💡 PCSK9 Inhibitors: Reduce LDL significantly
- 💡 Fibrates & Niacin: Lower triglycerides & raise HDL
- 💡 Omega-3 (Fish Oil): Supports heart health

#### 📌 Medication Tips:

- ✓ Take as prescribed
- ✓ Don't stop without asking your doctor
- ✓ Report side effects early

### Good vs. Bad Cholesterol



### 🕒 When to See Your Doctor?

- ◆ Regular Check-ups: Get cholesterol tests & BP checks
- ◆ Symptoms of Heart Problems: Seek medical help if you have chest pain, dizziness, or trouble breathing