

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, & vegetables
- Include lean proteins (chicken, fish, beans)
- Choose healthy fats (nuts, olive oil)
- ❌ **Avoid fried & processed foods**

Exercise 🏃

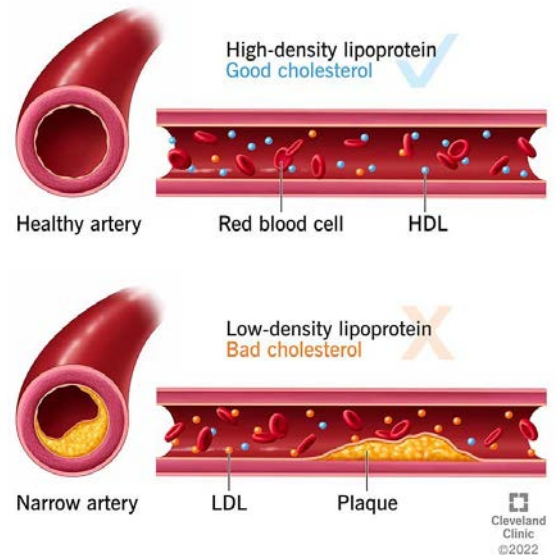
- Aerobic activity 3-4 times/week for approximately 40 minutes per session
 - Brisk walking
 - Cycling
 - Jogging
 - Swimming
- Maintain healthy weight

Quit Smoking & Limit Alcohol 🚫

- Get connected with ASHLine for tobacco cessation

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Good vs. Bad Cholesterol





Medications for Cholesterol

- **Statins** (Atorvastatin, Rosuvastatin): Lower LDL cholesterol
- **Ezetimibe**: Blocks cholesterol absorption
- **PCSK9 Inhibitors**: Significantly reduces LDL cholesterol
- **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

When to See Your Doctor?

- **Regular Check-ups**: Get cholesterol tests & BP checks
- **Symptoms of Heart Problems**: Seek medical help immediately if you have:
 - chest pain
 - dizziness
 - difficulty breathing