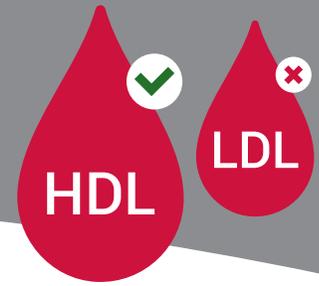




Tips to Prevent High Cholesterol



Cholesterol is a substance made by your liver and is very important for good health. Your body needs it to perform important jobs, such as making hormones and digesting fatty foods. When your cholesterol gets too high, it builds up in the arteries and they begin to narrow, which can reduce or block the flow of blood. This can cause serious health problems like heart disease, stroke, and high blood pressure.¹

No matter your age, it is important to keep your cholesterol levels in a healthy range. Follow the tips below to help keep your cholesterol under control.²



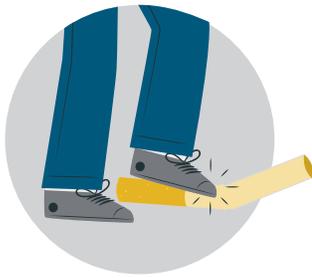
Eat Nutritious Foods

- Look for ways to make nutritious food choices like more fruits, vegetables, whole grains, lean meats, and low-fat dairy products.
- Try to reduce your salt intake, saturated fats, and added sugars. It may take a while to get used to, but making small changes can have a big impact.
- Drink, drink, drink water instead of sugary drinks. If you drink alcohol, drink in moderation.
- Encourage your family to do the same!



Ask your doctor about testing

- High cholesterol usually has no signs or symptoms. The only way to know whether you have high cholesterol is to get your cholesterol checked.
- Your healthcare provider can help you decide if a blood test called a "lipid panel" may be right for you.
- Be sure to ask your healthcare provider how to prepare for the test.



Quit Smoking

- If you don't smoke, don't start. If you do smoke, quitting will lower your blood pressure and your risk of heart disease.
- Call 1-800-QUIT-NOW for free support. You can do it!



Limit Alcohol

- Avoid drinking too much alcohol.
- Aim to have no more than 1-2 alcoholic drinks each day.



Get Moving!

- Physical activity can help you lower your blood pressure, blood cholesterol, and blood sugar levels.
- Try to do some form of physical activity that you enjoy every day (ideally 20-25 minutes of activity). Remember, dancing in the kitchen counts!
- Children and teenagers should try to get 1 hour of physical activity every day.
- Look for ways to increase your activity levels, like taking a walk after dinner instead of watching TV or by doing another activity you enjoy.

Visit [Bridgetohealth.com](https://www.bridgetohealth.com) to find out more and connect to local programs and services



Bridge to Health is a community partnership program brought to you by Quest Diagnostics.



¹ About Cholesterol. Centers for Disease Control and Prevention website. Reviewed June 24, 2021. Accessed July 13, 2021. <https://www.cdc.gov/cholesterol/about.htm>

² Preventing High Cholesterol. Centers for Disease Control and Prevention website. Reviewed January 31, 2020. Accessed July 13, 2021. <https://www.cdc.gov/cholesterol/prevention.htm>