

**“Take charge by watching
your cholesterol and taking
your meds.”**

**September is
National Cholesterol Education Month**

High blood cholesterol is a major risk factor for heart disease, the leading cause of death in the United States. During National Cholesterol Education Month you can increase your knowledge about cholesterol levels and take steps to achieve or maintain healthy levels.

Cholesterol levels can be lowered through lifestyle changes such as eating healthier, increased physical activity, and weight control, and by medications.

Less cholesterol in your blood means you're more likely to live a long and healthy life. A simple blood test can tell you what you need to know. If your cholesterol is high, you can make changes to decrease it and prevent complications by:

- ☑ knowing your cholesterol numbers
- ☑ taking your medicine regularly
- ☑ getting regular physical exercise
- ☑ maintaining a healthy weight

**Ask your doctor about getting a cholesterol test today.
Live Like Your Life Depends On It.**

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