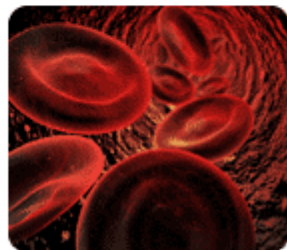


# You Have High Cholesterol

## Your Information

You have a diagnosis of high cholesterol.  
You had a cholesterol test on 3/15/2010.  
Your LDL cholesterol was 112.  
Your HDL cholesterol was 51.  
You have no risk factors for heart disease.  
Given your risks, your goal LDL is less than 160.  
You are due to get your cholesterol checked now.



## The Basics

Because you have a diagnosis of high cholesterol, you should have your cholesterol checked every year. It is good that you had your cholesterol checked on 3/15/2010, but you are overdue to have it checked again. Given your risks, your goal LDL cholesterol is less than 160. It is good that your last LDL cholesterol was 112. Too much cholesterol in your blood can cause heart disease or a heart attack, and a healthy lifestyle or medication can lower your cholesterol.

## The Benefits

The good news is that cholesterol can be easily checked. And if your cholesterol is high, there are things you can do to control it. Lowering your cholesterol can reduce your risk of heart disease, strokes, and clogged arteries in your legs – and can help you live a longer, healthier life.

## Your Next Steps

- 1 ■ Talk with your doctor about getting your cholesterol checked again now.
- 1 ■ Work with your doctor to continue to control your cholesterol.
- 1 ■ Live a healthy lifestyle to continue to control your cholesterol. This includes eating foods low in saturated fat, trans fat, and cholesterol, getting active, and controlling your weight.

## Information to Guide Your Next Steps

- 4 See what your past cholesterol levels (HDL values, LDL values) have been.  
[Learn more about cholesterol.](#)  
[Learn more about healthy lifestyles to maintain a good cholesterol level.](#)