

Tips and Resources

Cholesterol



How do I treat my high cholesterol?

High cholesterol often is treated and managed by a combination of adjusting certain lifestyle factors and taking cholesterol-lowering medicines prescribed by a doctor.

Take your medicines as directed



- Always ask your health care team questions
- Never stop taking your medicine without first talking to your doctor

Make healthy lifestyle changes



- Choosing foods lower in saturated and trans fats
- Maintaining a healthy weight.

Work with your health care team



- Discuss your treatment plan regularly
- Bring a list of questions to your appointments.

Check your cholesterol regularly

You may need to have your cholesterol levels tested at least once every 4 to 6 years if you do not have heart disease. Some people need to get their cholesterol checked more often or less often. Talk with your health care team about the timeline that is best for you.

For more information visit: <https://www.cdc.gov/cholesterol>