

PATIENT EDUCATION/SELF MANAGEMENT

Dyslipidemia (High Cholesterol)

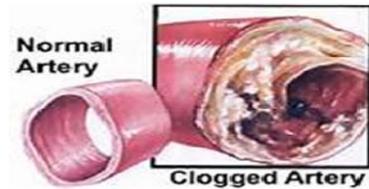
What You Should Know

What is dyslipidemia or high cholesterol?

- Abnormalities in cholesterol and other lipids (fats) in your blood which may cause clogging of arteries in your heart or other parts of your body.

Why is dyslipidemia important?

- Dyslipidemia is a risk factor for heart attacks and strokes.
- Treating dyslipidemia will help you avoid a heart attack or stroke.



How can I tell if I have dyslipidemia?

- When you have dyslipidemia, you do not have symptoms.
- Your health care provider will order a test that measures the amount of lipids in your blood.

How do I know if I need the test?

- Your health care provider will check your lipids/cholesterol if :

You have a history of:

- Previous heart attack
- Diabetes mellitus
- High blood pressure
- Cigarette smoking

You are:

- Overweight or obese
- Physically Inactive
- A man more than 44 years old
- A woman more than 54 years old

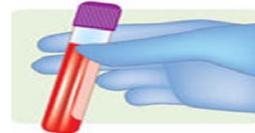
You have:

- Family history of early heart disease

How is dyslipidemia or “high cholesterol” treated?

Treatment depends on:

- your lipids levels
- your risk of heart attack
- your general health



Your primary care provider may give you a lipid-lowering medication to lower your cholesterol.

What You Should Do

Modify your daily routine and activities to lower your cholesterol:

- Lose weight
- Exercise
- Stop smoking
- Eat more fruits and vegetables
- Reduce fat in your diet (meat, milk, eggs, butter, cheese, packaged foods and snack items like cookies, crackers and chips)
- Take your medications as directed
- Report medication side effects
 - ⇒ Muscle aches are commonly reported and may or may not be due to your medicine
- Get blood tests as recommended by your health care team

