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