High Cholesterol

Know Your Risk

HOW CAN YOU MANAGE HIGH CHOLESTEROL LEVELS?

Most patients with high cholesterol levels feel perfectly healthy. High cholesterol is often called a “silent killer”, because there are usually no warning signs or symptoms.

Routine cholesterol testing allows you to stay on top of managing your cholesterol levels.

WHEN SHOULD YOU TEST FOR HIGH CHOLESTEROL?

You should get tested as early as possible if you have one or more of the following risk factors:

- **Personal history** of high cholesterol, heart disease or strokes
- **Family history** of high cholesterol, heart disease or strokes
- **Existing** conditions such as diabetes and hypertension
- **Excess** weight or obesity
- **Heart** disease