

# High Cholesterol

## Treat Your Numbers

### WHAT WILL A CHOLESTEROL TEST TELL YOU?

A blood test should give you four measurements:

Total **cholesterol**

LDL **cholesterol**

HDL **cholesterol**

Fasting  
**triglycerides**

### HOW CAN YOU TREAT HIGH LDL CHOLESTEROL?

The most common medication to treat high cholesterol:

Statins  
Ezetemibe  
PCSK inhibitors

Your health care provider should **recommend** the **best treatment options** for you. Cholesterol medication should be **taken regularly**, accompanied by a **healthier lifestyle**.

