What else can you do?
Always ask your provider what your cholesterol numbers are and write them down. Discuss these numbers with your provider.

Your provider may prescribe medicine to help lower your cholesterol.

- Take your medicine every day, or as directed by your provider.
- If your cholesterol numbers get lower, it’s because your medicine is working. Don’t stop it or take a lower dose unless your provider says you should.

Here are some questions to ask your provider:

- Is my cholesterol under good control?
- When should I have my cholesterol next checked?
- What is a healthy weight for me?
- Is it safe for me to start doing regular physical activity?

Do you have other questions for your provider? Write them down here.

For more information, please speak with your doctor or nurse.
If your cholesterol is in the desirable range and you are healthy, have it checked again in 5 years.

If your cholesterol is borderline high or high, or you have heart disease, your next step depends on your LDL and HDL levels and your other conditions or risk factors. Ask your provider these questions:

- What should my cholesterol levels be?
- Do I need treatment for my cholesterol?

What can you do to prevent or control high cholesterol?

1. Follow a healthy eating plan.
   - Read food labels and limit foods high in saturated fat, trans fat, and cholesterol.
   - Eat plenty of fruits, vegetables, low-fat dairy foods, and whole grains.
   - Ask to see a registered dietitian if you need help with a plan.

2. Be physically active.
   - ‘Physical activity’ includes any activity that raises your heart rate, such as brisk walking, working in the house or yard, or playing sports.
   - Do activity for 10 minutes or more at a time. Aim for at least 2 hours and 30 minutes of activity each week.

3. Achieve and maintain a healthy weight.
   If you are overweight, ask your provider for help with an eating and physical activity plan to lose weight.