

Cholesterol Screenings and Knowing Your Numbers Can Help Lower Risk of Heart Disease

According to the National Institutes of Health (NIH) high blood cholesterol affects more than 65 million Americans. It is a serious condition that increases your risk for heart disease. In fact, the higher your cholesterol level, the greater the risk.

Lowering cholesterol levels that are too high reduces your risk for developing heart disease and lowers your chance of having a heart attack.

That's why, during National Cholesterol Education Month, OAOHN would like to encourage you to care for yourself and your loved ones by reminding you of the importance of regular health screenings.

According to the National Institutes of Health, everyone age 20 and older should have their cholesterol measured at least once every five years.

High cholesterol and its complications can be prevented or delayed by knowing and properly managing your cholesterol levels. It is good to research and find detailed information on the different types of cholesterol, what the numbers mean, risk factors and how to improve your cholesterol levels.

You can have high cholesterol without even knowing it. The best way to find out if your numbers are within a healthy range for your gender, height and age is to have an annual physical.

Having a Primary Care Physician (PCP) who can coordinate your care is vital to your good health. A PCP typically specializes in Family Medicine, Internal Medicine or General Practice. If you don't have a PCP, finding one is easy! Just visit your insurance carrier's website, look for the "find a doctor" area and follow the instructions.