

Helpful Tips for Those with High Cholesterol

Learning that you or a loved one has high cholesterol can result in a lot of questions. Educating yourself about what it all means is the first step toward feeling better and making choices that can help you live a longer and healthier life.

According to the American Heart Association (AHA), 2,200 Americans die of cardiovascular disease every day. While these numbers may be alarming, the good news is you can make choices that may help lower your cholesterol and reduce your risk of heart disease and stroke.

September is National Cholesterol Education Month and OAOHN and the AHA would like to remind you that you can help manage your cholesterol levels.

According to the AHA, many factors affect your cholesterol levels – including those you can control, like lifestyle factors, and those you can't, like hereditary factors. Among the things you can do to help control your cholesterol levels are:

- [Eating a heart-healthy diet](#)
- [Enjoying regular physical activity](#)
- [Avoiding tobacco smoke](#)
- [Taking medications as recommended](#)

As you know, developing and maintaining a relationship with a Primary Care Physician (PCP) who can coordinate your care is also 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.

When you're being treated for a disease or condition, it may not always be easy to decide where to go for care. For anything that is considered a life-threatening situation (like chest pain or sudden and severe pain) it's best to go to the emergency room. For less severe matters that still require immediate attention, if you can't get in to see your PCP, going to an urgent care facility can save you time and money.

Even if you require emergency or urgent care for your health situation, it's always best to have a relationship with a PCP who knows your history and understands what is happening with your health over time.