

HIGH CHOLESTEROL

Do you have high cholesterol, also known as hypercholesterolemia? Abnormal cholesterol levels such as high LDL cholesterol or low HDL cholesterol are a major risk factor for heart disease and stroke. An unhealthy diet can cause high cholesterol. Sometimes high cholesterol runs in families. A low-cholesterol diet can help improve cholesterol levels. If the low-cholesterol diet does not work to lower bad cholesterol and increase good cholesterol, your doctor may prescribe medications.

High cholesterol increases the risk of other conditions, depending on which blood vessels are narrowed or blocked. These diseases include: coronary heart disease, stroke, and peripheral vascular disease. High cholesterol has also been linked to diabetes and high blood pressure. To prevent or manage these conditions, take steps to lower your cholesterol if it is elevated.

Would you like to make changes to IMPROVE your health?

Contact a FirstLine Therapy Representative at Comprehensive Center for Women's Medicine. Take the first step to improving your health and your quality of life.

Comprehensive Center for Women's Medicine

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