

High Cholesterol Putting You at Risk?

American Heart Association® | life is why
Puget Sound

**Cholesterol isn't cool,
but living longer is.**

Ask your doctor today about
a simple blood test to check
your cholesterol levels.

www.heart.org/cholesteroltool

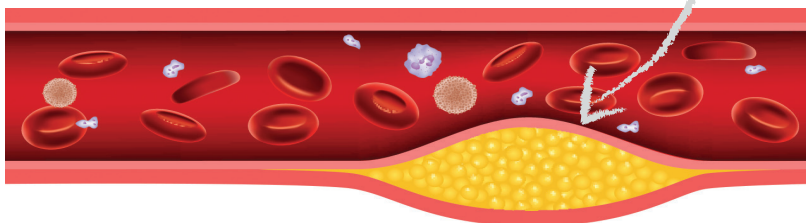


Proud sponsor of the American Heart Association Life is Why movement

Understand The Risks

Cholesterol is a waxy substance that your body needs to build cells. But too much can be a problem.

Hard deposits within the walls of your arteries can reduce or stop blood flow, putting you at risk for heart attack and stroke.



Questions for Your Doctor

Get the most from your visit!



What do my cholesterol numbers mean?



How often should I have my cholesterol levels checked?



How do my lifestyle choices affect my cholesterol levels?



Are there other risk factors?

www.heart.org/cholesteroltool

Get free tools and resources for healthy living.