

MANAGING CHOLESTEROL

SMALL STEPS GUIDE

SMALL CHANGES, BIG PAYOFF

WHAT DOES IT MEAN TO MANAGE CHOLESTEROL?

It's understanding how cholesterol numbers relate to your overall health, and improving those numbers through food choices and medications.

How is managing cholesterol part of your life right now?

WHAT'S MOST IMPORTANT TO YOU?

- **Seeing the big picture.** Understanding how cholesterol affects your health can inspire you to get your numbers in a good place.
- **Getting a rhythm down.** It's about finding the right meds—and a routine for taking them. Cause everyone's a little different.
- **Reducing risk.** Healthy cholesterol numbers can help reduce your risk of heart attack and stroke. And who doesn't want that?
- **Feeling relaxed and in charge.** There's peace of mind in knowing you're doing all you can for your health. Nuff said.

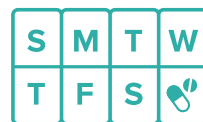
TRY THIS AT HOME

Rid your pantry of bad-fat vegetable oil. Replace it with heart-healthy olive oil. Then get a spray mister to use on veggies. (Want more flavor? Infuse it with garlic and herbs.) You'll use less oil and still enjoy the taste. Easy switch. Big health boost.

FIVE WAYS TO GET STARTED



Eat good fats. Think SOIL and SEA like unsalted nuts, avocados and fish. Bad fats? They're animal based like fatty meat cuts, chicken with skin, butter or cheese.



Get your pills in a row. Buy a pill organizer—simple's fine, or go with one with a timer and alarm if that'll help you remember to take your meds.



Ban trans fats. Avoid foods with the words hydrogenated or shortening in the ingredients. Top sources? Baked goods, white bread, processed and fast foods.



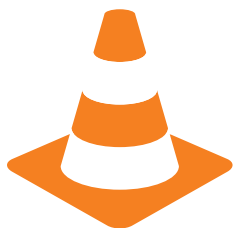
Keep a running list of questions. You'll be ready when you talk to your doctor or pharmacist about symptoms or side effects from your medicine.



Be a little seedy. Try sprinkling a salad, hot cereal or yogurt with pumpkin, sesame or flax seeds. They can help lower heart disease risk—and make you feel full longer.

REALLY? I DIDN'T KNOW THAT!

- Now hear this: People who take their statins every day, the right way, live longer by an average of two years.
- Only about half of adults on cholesterol meds regularly take them. One of the biggest reasons they don't: they forget.
- The (dark chocolate) at the end of the tunnel: a little bit is good for you. Think two postage stamps' worth, with as high a cocoa content as possible.
- Patients who have a trusting relationship and good communication with their doctor are more likely to stick with their meds.



PLAN FOR YOUR ROADBLOCKS

We all encounter roadblocks from time to time. Try planning ahead with this technique recommended by personal-change experts: First, envision the benefits of reaching your goal—starting with your personal vision. Then, imagine your biggest roadblocks and how you'll get past them.

ROADBLOCK	STRATEGY
When I have side effects from my meds, I get tempted to skip them.	I'll talk to the doctor about other options.

WRITE YOUR PERSONAL VISION

Create a short phrase capturing a benefit of managing cholesterol—whichever benefit is most important to you. Say it anytime you start to veer from your new path.

Example: I'll take my meds today for my health now and in the future.

My personal vision

WHO SUPPORTS YOU IN YOUR EFFORTS TOWARD MANAGING CHOLESTEROL?
