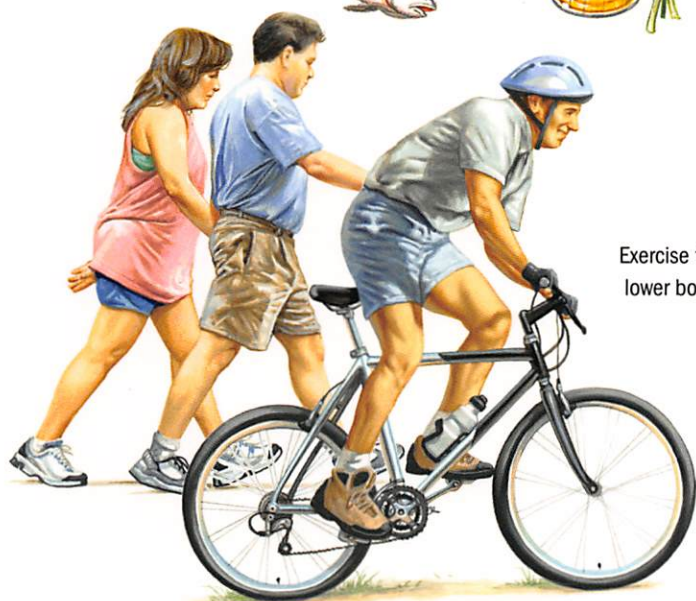




Eat less saturated fat and salt, and eat more fiber and omega-3 and omega-6 fats.

If diet and exercise are not enough to control your lipid levels, your doctor may suggest using lipid-lowering drugs.



Exercise to help lower body fat.

## How Is High Cholesterol Treated?

Diet is the best way to reduce lipid levels. Lifestyle changes should reduce consumption of saturated fat to less than 7% of calories and cholesterol to less than 200 mg/day. Weight loss, exercise, and avoiding smoking are also important.

Lipid-lowering drugs are used when diet and exercise are not enough. The main classes of drugs include statins, fibrates, nicotinic acid, and omega-3 fatty acids.

Statins (e.g., simvastatin) reduce cholesterol and LDL production. They are effective, usually well tolerated, and preferred for higher cholesterol and LDL levels. They can have side effects such as muscle aches.

Fibrates (e.g. fenofibrate, gemfibrozil) help removal of VLDLs but have a small effect on cholesterol.

Nicotinic acid helps lower VLDL levels and increase HDL levels. Side effects (itching, facial flushing, liver problems) limit its use.

Omega-3 fatty acids (over-the-counter fish oil supplements) help patients with high triglyceride, low HDL, and moderate cholesterol levels.

## DOs and DON'Ts in Managing High Cholesterol:

- ✓ **DO** exercise regularly.
- ✓ **DO** eat more fruits and vegetables and high-fiber foods such as oat bran. Cook with oils high in polyunsaturated fats such as safflower, sunflower, and corn oils (omega-6 fatty acids).
- ✓ **DO** eat fish (fish oils contain omega-3 fatty acids).
- ✓ **DO** stop smoking.
- ✓ **DO** lose weight by changing your diet and doing aerobic exercise such as walking, jogging, bicycling, or swimming. Exercise at least 30 minutes a day, 3 or 4 days a week.
- ⊘ **DON'T** forget to treat other medical conditions.
- ⊘ **DON'T** forget to take your usual medicines.
- ⊘ **DON'T** change your diet or medicines without your doctor's approval.

### FROM THE DESK OF

### NOTES

### FOR MORE INFORMATION

#### Contact the following sources:

American Heart Association

Tel: (800) 242-8721

Web: [www.americanheart.org](http://www.americanheart.org)

American College of Cardiology

Tel: (800) 253-4636

Web: [www.acc.org](http://www.acc.org)