

Protect your heart from the effects of high cholesterol

If your doctor has prescribed medication to lower your cholesterol, you can help out by following these heart-smart tips:

Understand your condition. Have your cholesterol checked regularly to determine if there is a problem. Lowering cholesterol has been shown to prevent heart attacks and save lives. Even if you maintain a healthy diet and lifestyle, you may still have a high cholesterol level. For this reason, doctors sometimes prescribe medication to treat high cholesterol.

Follow your doctor's recommendations. Some cholesterol-lowering drugs work in your digestive system to decrease the amount of cholesterol absorbed into your bloodstream from food. Others work by reducing the production of cholesterol in the liver. You and your physician will determine which medication or combination of medications works best for you.

Take your medication properly. Whatever your medication regimen, it is important to take it properly. Always take the prescribed number of doses per day. Follow all instructions such as whether medicine should be taken with food or on an empty stomach. Even if you feel fine, finish all of the medication, refilling per your doctor's instructions.

Want to know more?

BCN members can contact **BlueHealthConnection®** at **800-637-2972** to leave a message for a nurse or request information.



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