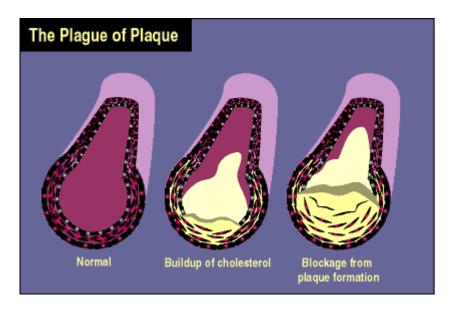
## **Health Minute**

My cholesterol is high, now what?

Many of you have gotten the call from your doctor about high cholesterol. Exactly who needs prescription medication and who can wait depends on individual risk factors. Risk factors include age, total cholesterol, HDL cholesterol, blood pressure, and cigarette smoking. The fewer risk factors you have, the more conservatively your doctor will treat you. If you have 0-1 risk factors, your doctor will recommend *therapeutic lifestyle changes* (TLC) as first line therapy. By sticking to those changes, you may be able to avoid drugs and significantly reduce your risk of heart attack and stroke.



## **Therapeutic Diet Changes**

Less than 200 mg of cholesterol/day 20 – 30 grams of fiber/day Less than 30% of calories from fat Add 2 grams/day of plant stanols/sterols

## Therapeutic foods

Oatmeal – high in fiber
Fish oil – lowers triglycerides
Cranberry – increases HDL
(good) cholesterol
Apples – high in fiber
Soy – high in plant stanols