



Managing Your Cholesterol



Overview

If your doctor tells you your cholesterol is too high, you need to take steps to get it under control. It's important for your health. So take it seriously. You'll likely need to make some changes in your lifestyle. Here are some things that will make a difference.

Eat a heart-healthy diet

First, you need to eat a heart-healthy diet. That means eating nutritious foods and limiting saturated and trans fats. You'll want to eat fruits, vegetables, whole grains and lean meats. And don't consume more calories than you need each day.

Manage your weight

Next, if you are overweight or obese, get your weight under control. Losing weight helps lower your bad cholesterol. So talk to your doctor about strategies for weight loss.

Get active

You also need to get up and get moving. Regular physical activity is great for your health. So try to get at least 30 minutes of exercise on most days. If you're out of shape, start slowly and work your way up to this goal.

Stress management and smoking

Then there's stress. Chronic stress raises your bad cholesterol and lowers your good cholesterol. So take steps to reduce stressful things in your life. And if you're a smoker, you need to quit. If you're having trouble quitting, ask your doctor about things you can do to make quitting easier.

Medications

Your doctor may recommend one of the many types of cholesterol-controlling medications. Take them as prescribed. But it's still important to make these lifestyle changes.

Conclusion

If you follow your doctor's advice and focus on your health, you'll manage your cholesterol effectively.