

LOWER YOUR CHOLESTEROL



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If you have high cholesterol, you're also at higher risk for heart disease. But the good news is, it's a risk you can control. You can lower your bad LDL cholesterol and raise your

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Your Guide to Lowering Your Cholesterol With TLC

still have your total cholesterol and HDL levels measured. The levels are measured as milligrams of cholesterol per deciliter of blood, or mg/dL. Box 3 gives the classifications for total, LDL, and HDL cholesterol. Setting Your Goal The main goal in treating high cholesterol is to lower your LDL level.

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Top 5 lifestyle changes to improve your cholesterol Mayo

High cholesterol increases your risk of heart disease and heart attacks. Medications can help improve your cholesterol. But if you'd rather first make lifestyle changes to improve your cholesterol, try these five healthy changes. If you already take medications, these changes can improve their cholesterol-lowering effect.

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