

another type of medicine called Welchol may be added to further lower âĖbadâĖ cholesterol levels.ĊIf youâĖre not sure about your cholesterol levels, see your doctor to schedule a blood test. Since high cholesterol typically has no symptoms, if you wait to see a doctor until you feel sick, it could be too late to prevent serious health problems.ĊNumber to KnowĊ71 million: It is estimated that 71 million Americans have high LDL or âĖbadâĖ cholesterol, putting them at greater risk of having a heart attack or stroke. Despite this, less than half of these adults with high âĖbadâĖ cholesterol have been treated and even less actually have their cholesterol under control.ĊCooking is a great activity because the whole family can get involved. Assign everyone a job, like peeling, mixing or measuring. Kids can even practice their reading skills by reading the recipe aloud from a cookbook.ĊHearing aids can help people with some hearing loss, but may be less effective in certain situations where older adults have the most difficulty hearing, such as understanding speech in a place with a lot of background noise, like a restaurant. For people whose hearing has declined to levels considered severe to profound deafness, cochlear implants are an increasingly common option.ĊPage 2 of 2 - âĖK Brand