

Cholesterol

Put Prevention Into Practice

Name: _____

R_x for Prevention

Follow-up: _____

Clinician's Signature: _____ Date: _____

- Most experts recommend checking your cholesterol every 5 years. Your health care provider may suggest you have it checked more often, especially if your cholesterol is too high.
- Get your cholesterol checked every _____ year(s). Your next cholesterol test is due in _____.
- Make changes in your lifestyle to help lower your cholesterol. Doing certain things can help you control your cholesterol:
 - Eat a healthy diet. Eat fruits, vegetables, dry beans, and whole grains every day.
 - Eat foods low in fat, saturated fat, and cholesterol (e.g., fish, poultry prepared without skin, lean meat, and low-fat dairy products).
 - Get 30 minutes or more of exercise most days of the week.
- You should start having your cholesterol checked if you are a:
 - Man and 35 years old.
 - Woman and 45 years old.
 - Man between the ages of 20 and 35 or a woman between the ages of 20 and 45, and you have other risk factors for heart disease. These risk factors include tobacco use, diabetes, a family history of heart disease or high cholesterol, or high blood pressure.