

When Lifestyle Changes Are Not Enough: High Cholesterol May Not Be Your Fault

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**When Lifestyle Changes Are Not Enough: High Cholesterol May Not Be Your Fault**

**By News Canada**

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**Treatment Options**

[www.makingtheconnection.ca](http://www.makingtheconnection.ca)

or call toll-free 1-877-4LOW-LDL (1-877-456-9535).

- News Canada

**Lifestyle changes:**

What Are My Treatment Options?

My condition, as determined by my doctor

Recommended Treatment

I have higher than normal "bad" cholesterol but low to moderate risk

As a first step, your doctor may suggest diet and lifestyle changes. After three to six months, if your

cholesterol remains elevated above target, your doctor may prescribe medication.

I have a high risk of heart disease

Medication will be considered along with lifestyle changes such as diet and exercise.

I have a very high risk or known heart disease or diabetes

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## **Are You At Risk For Having High Cholesterol?**

**By News Canada**

Take the cholesterol test to see if you have any risk factors

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