Cholesterol

Blood cholesterol is a waxy, fat-like substance made by your liver. Blood cholesterol is essential for good health.

Your body needs it to do important jobs. Jobs such as making hormones and digesting fatty foods. Too much cholesterol puts you at risk for heart disease and stroke. These two are leading causes of death in the U.S.

Risk Factors

Factors that can raise your risk of bad cholesterol include:
- Type 2 Diabetes
- Obesity
- Familial hypercholesterolemia
- Smoking
- Poor Exercise

Symptoms

High cholesterol has no signs or symptoms. The only way to know if you have it is to get your cholesterol checked.

Treatment

If you are concerned about your cholesterol, talk to your health care team about steps you can make to manage your cholesterol

- Take your medicine as directed
- Make healthy lifestyle changes
- Talk with your health care team
- Check your cholesterol regularly

If you have high low-density lipoprotein cholesterol, your provider may prescribe medicine in addition to lifestyle changes to control your LDL cholesterol level.