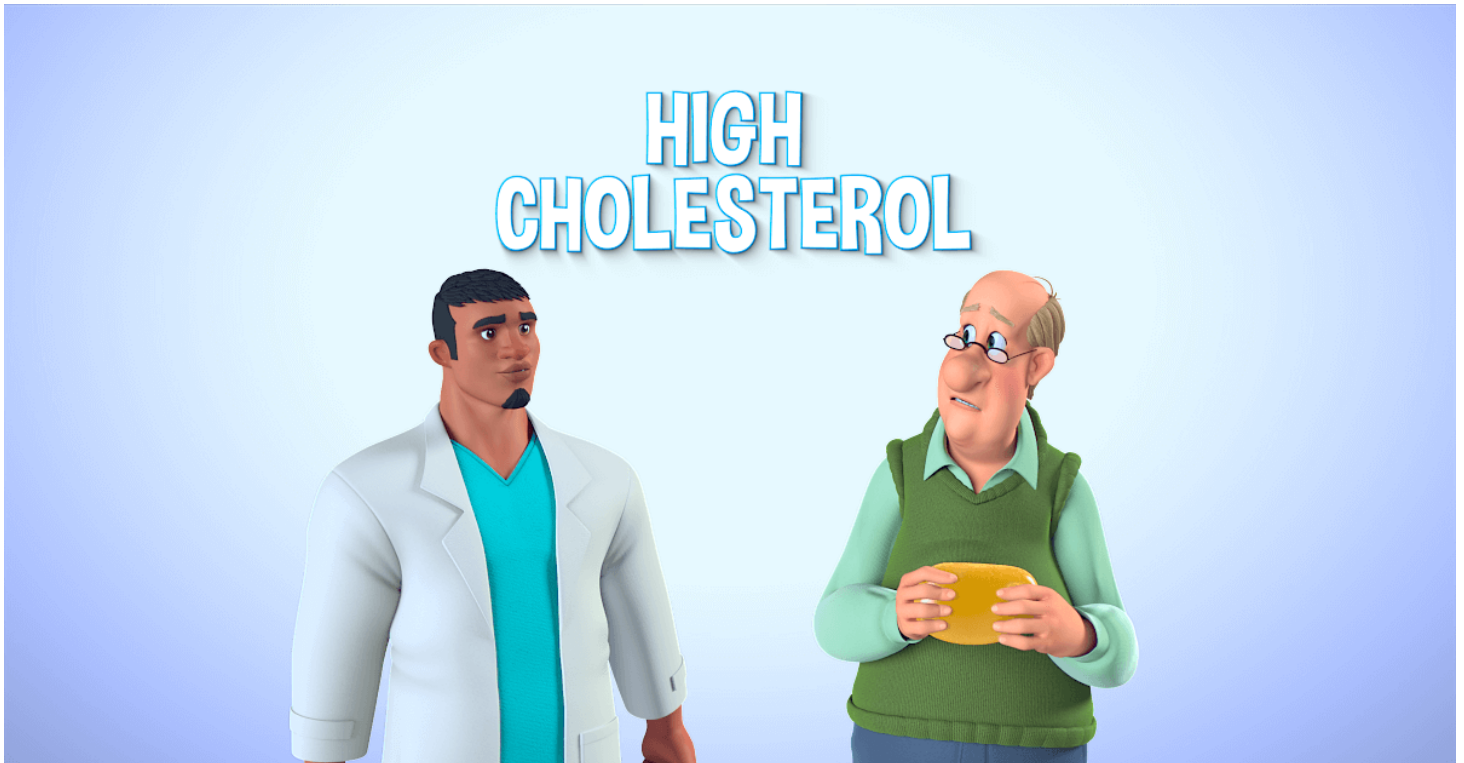


High Cholesterol

Thursday, January 28, 2021



FAST FACTS

Cholesterol is a soft, wax-like substance that is manufactured by your body, but can be absorbed from foods like meat, poultry, and full-fat dairy. Cholesterol circulates in the blood, and as the levels of cholesterol in your blood rise, so does your chance of getting heart disease or having a stroke. Raised cholesterol is estimated to cause 2.6 million deaths yearly. To confirm if you have high blood cholesterol, your doctor may ask you to undergo a blood test. Certain factors can increase your risk of developing high cholesterol, such as a poor diet, lack of exercise, smoking, being obese, and having diabetes. Along with lifestyle changes, your doctor may prescribe cholesterol lowering medication. Optional, insert the video copy, Video Annotations.

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