

High Cholesterol

High cholesterol has no symptoms but can build up in your arteries and lead to heart attack and stroke. It's found with a simple blood test and managed with habits and medicine.

Everyday basics

- If prescribed a statin or other medicine, take it daily.
- Favor vegetables, whole grains, beans, and fish; limit fried and processed foods.
- Stay active and avoid tobacco.
- Get your cholesterol re-checked on the schedule your team sets.

Good questions to ask your care team

- What are my cholesterol numbers and my goal?
- Do I need medicine, or can I try lifestyle changes first?
- What side effects should I watch for?
- When should I get re-tested?

When to get help right away

Call 911 for chest pain, sudden weakness, or trouble speaking — possible heart attack or stroke.



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Source: MedlinePlus, U.S. National Library of Medicine (NIH) — <https://medlineplus.gov/cholesterol.html>

Educational only; reviewed public health information, not medical advice. Always follow your own care team's guidance.