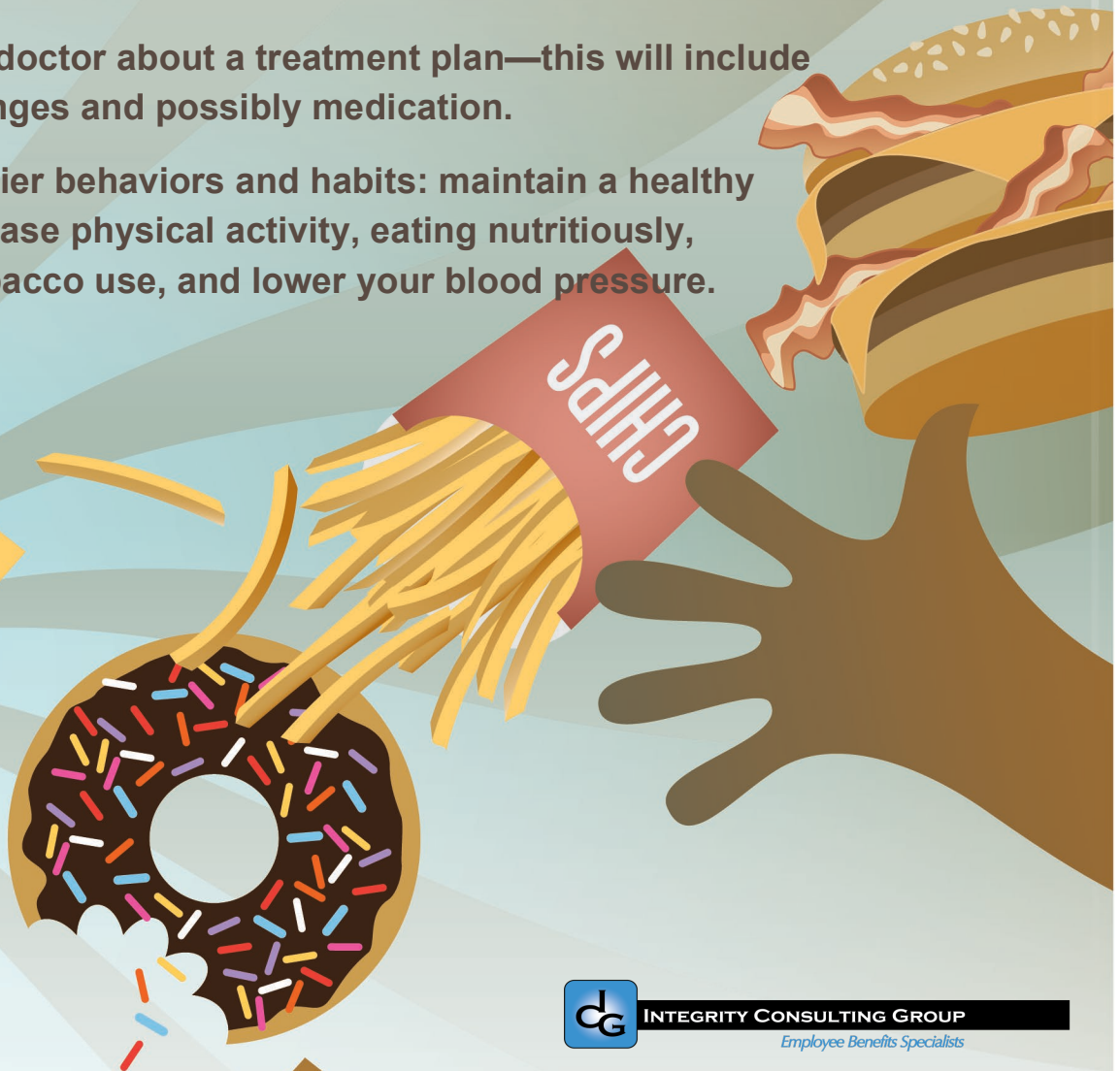


DO YOU HAVE HIGH CHOLESTEROL?

Cholesterol and You

High cholesterol is a major risk factor for heart disease, the leading killer of men and women in the United States. If you have high cholesterol:

- ✓ Talk to your doctor about a treatment plan—this will include lifestyle changes and possibly medication.
- ✓ Adopt healthier behaviors and habits: maintain a healthy weight, increase physical activity, eating nutritiously, eliminate tobacco use, and lower your blood pressure.



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