

High Cholesterol Can Hurt The Whole Family

(NAPSA)—Many things in your life put you at risk for heart disease. Some things you may be aware of, like smoking or being overweight. But some things you may not know about, like high cholesterol or a family history of heart disease.

Am I at risk for heart disease?

Here are things that could put you at risk. Do any of them apply to you?

- Family history
- Smoking
- Not exercising
- Regularly eating certain foods high in fat (whole milk, ice cream, butter, pastries and fatty meats)
- Being overweight
- High LDL or bad cholesterol
- High triglycerides
- High blood pressure
- Diabetes
- Aging

What is cholesterol?

Cholesterol is a kind of fat in the blood. High cholesterol can hurt you. It can cause heart disease. Too much fat in the blood can cause a waxy build-up that blocks blood vessels. This can stop the flow of blood to the heart and cause a heart attack.

Should I know my numbers?

Yes. If you are over the age of 20, find out your cholesterol numbers. Yours could be high.

How do I get tested?

It's easy. Ask your doctor. The test is simple. Just a simple blood test will give you your number.

Where can I get help?

Ask the American Heart Association about its program, *The*



Cholesterol Low Down. This program will help you and your family learn ways to manage your cholesterol to reduce your risk for heart disease. It will also give you the support you may need to work with your doctor and reach your goals.

What will I get?

- ***The Cholesterol Low Down Guide*** will teach you about cholesterol and give you tips for talking with your doctor
- ***The Cholesterol Low Down Newsletter*** has information from doctors and stories from people who have reached their goals
- **A Health Risk Checklist** will help you figure out your own risk factors for heart disease
- **Healthy living cookbooks**

offer tasty recipes

- **Fitness tips** will help keep your heart healthy

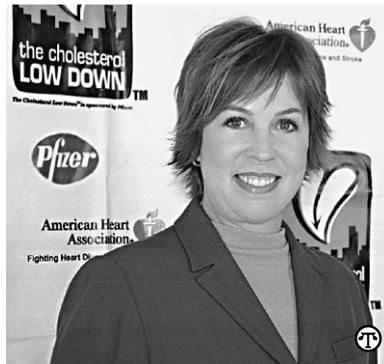
How can I join the program?

- Call 1-800-AHA-USA1 (1-800-242-8721) and ask to join *The Cholesterol Low Down*
- Or go to the Web site at americanheart.org/cld and fill out a member form

Who is the spokesperson?

Actress Vicki Lawrence is involved with the program to inform families that high cholesterol is a risk factor for heart disease.

“Heart disease runs in my family. When my doctor told me that my cholesterol was inching higher, that was a warning sign for me,” said Lawrence.



Vicki Lawrence

Who sponsors the program?

The American Heart Association has been working with Pfizer Inc since 1998 to bring *The Cholesterol Low Down* to people in the U.S. They want YOU to be aware of the dangers of high cholesterol.