

Keeping Cholesterol Under Control

(NAPSA)—Joy Behar of TV’s “The View” can usually find the humor in any situation. After all, that’s how she makes her living. But for Behar, one subject in particular is no laughing matter: heart disease.

When she discovered several years ago that her cholesterol was high, Behar took action. “There I was, looking at the results of my cholesterol test with my doctor,” she says. “I knew that this put me at increased risk for a heart attack. My mother had her first heart attack at 50 and she suffered the consequences of atherosclerosis (thickening of the arteries) for the rest of her life. I got a little scared.” Behar moved quickly by turning to her doctor, who gave her a diet to follow and suggested she begin a regular exercise program.

Behar has been dishing out laughs for two decades. When it comes to spreading the word about heart disease, however, she’s dead serious. As co-host of the hit TV talk show “The View,” she is the epitome of an empowered woman. Behar is focused and motivated, but after two months of diet and exercise, her doctor reported that her cholesterol was still high. She tries to eat right and work out three times a week on her treadmill. She was surprised to learn that in a study of patients with high cholesterol, 65 percent of patients who dieted and exercised were not able to meet their cholesterol-lowering goals. Her doctor determined that diet and exercise were not enough to reach her goal.

In Behar’s case, a cholesterol-lowering medication was the help she needed. Her doctor added Pravachol to her regimen of diet and exercise. “My total cholesterol level went down to where my doctor said it should be. And my HDL or ‘good’ cholesterol went up a few points.” Behar stresses that you must determine the right steps in partnership with your own doctor. “I know everyone responds differently to cholesterol-lowering drugs, so I was very pleased with my results.”

Behar says that she feels better about her cholesterol levels



and she’s glad she followed her doctor’s advice. She’s still careful to eat well, work out on the treadmill three times a week and take medication as her doctor has prescribed.

To reduce your risk factors for heart disease, keep in mind the following hints:

- Maintain a heart-healthy diet. Try to eat foods containing poly- and monounsaturated fats, such as nuts and olive oil. High levels of saturated fats can damage your heart.

- Exercise. Physical fitness is important to overall heart health. To achieve a high level of cardiovascular fitness, gradually work up to 30 to 60 minutes of exercise on most days of the week. Talk to your doctor before starting any exercise regimen.

- Visit your doctor regularly. Have your blood pressure and cholesterol evaluated.

- If diet and exercise are not enough, ask your doctor if a cholesterol-lowering medication may be right for you.

When diet and exercise are not enough, Pravachol along with diet is approved to:

- Lower cholesterol in people with high cholesterol

- Help prevent heart attacks in people with high cholesterol or heart disease

- Help prevent a stroke in people with heart disease.

For additional information, visit www.pravachol.com.

Important Safety Information

Pravachol, a prescription drug, is not for everyone, including women who are pregnant or nursing or may become pregnant, or people with liver problems. And because serious side effects can result, tell your doctor about any unexplained muscle pain or weakness you experience while on Pravachol, and about any other medications you are taking. Your doctor may do blood tests to check for liver problems. Some mild side effects, such as slight rash or stomach upset, occur in two to four percent of patients.