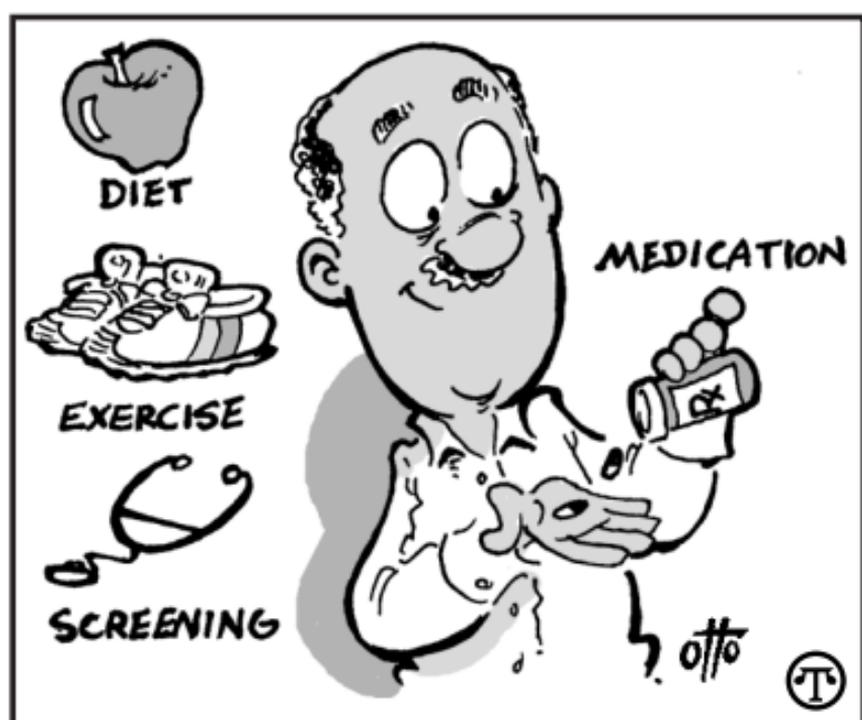


health hints

Lower Cholesterol, Cut Risk

(NAPSA)—Here's heartening news: Advances in medicine mean millions of Americans can avoid heart disease and improve their quality of life.

High cholesterol is one of the leading causes of heart disease and one of the most treatable. More than 90 million Americans are estimated to have elevated blood cholesterol levels, and seniors are at an unusually high risk. Seniors should have frequent cholesterol screen-



Many Americans have elevated blood cholesterol levels.

ings, and many on Medicare can now get them for free.

Lifestyle modification may not be enough, and a doctor may prescribe cholesterol-lowering medications, called statins. These may lower cholesterol levels by as much as 60 percent. There are several different statins and the one that works for you might not work for your neighbor. People being treated with statins should always take their medications exactly as prescribed.

With lifestyle changes and appropriate use of statins, says the Senior Center for Health & Security, a nonprofit educational organization, millions of precious lives and hundreds of millions of dollars can be saved. Learn more at www.seniorsforcures.org.