

# Take Control Of Your Cholesterol Levels

(NAPSA)—Maintaining healthy cholesterol levels protects more than your heart. High cholesterol levels threaten the health of the entire vascular system. Vascular diseases can cause strokes, death from a ruptured aortic aneurysm, pain when walking, or leg amputation in the worst cases.

Your vascular system contains all your arteries and veins. Healthy vessels are smooth and unobstructed, allowing oxygen-rich blood to flow freely and deliver glucose and nutrients to



**Don't let high cholesterol slow you down.**

---

the vital organs, brain, legs and arms. Typically with age, vessels build up plaque, a sticky substance made up mostly of fat and cholesterol. Plaque narrows passageways within the vessels and causes them to stiffen. Vascular disease results when vessels become too narrow or obstructed, limiting blood flow.

Take control of your cholesterol levels. Eat a low-fat diet, exercise, and follow your doctor's treatment for lowering cholesterol levels. If evidence of vascular disease is found, consult a vascular surgeon, the expert in treatments, including medical management and non-invasive procedures.

To learn more, visit the Web site at [www.VascularWeb.org](http://www.VascularWeb.org).