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Talk with your doctor before stopping your statin. [LEARN MORE](#)

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Have High Cholesterol?

Get the facts and make a plan
by [Take Cholesterol to Heart \(Paid Content\)](#) | Comments: 0

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Cholesterol Facts

Learn more about HIGH CHOLESTEROL, which affects more than 100 million Americans.

If you're one of the more than 100 million adults in America with high cholesterol, you know that staying on top of your treatment regimen – which often includes a healthy diet and lifestyle along with a statin medication – is not always top of mind. You can't "see or feel" high cholesterol like some other medical conditions, so it may be easy to ignore, but doing so can have dire health consequences. Left untreated, high cholesterol can cause a thick, hard buildup within the walls of the arteries. This may eventually lead to a heart attack or stroke, two of the leading causes of death in the U.S. Is that a risk you're willing to take?

Interested in knowing more about high cholesterol and how you can be better protected from the health risks associated with high cholesterol?

LIST
SLIDESHOW
6 Photos

How can I lower my cholesterol?

Some common suggestions are to:

EXERCISE

TAKE A PRESCRIPTION MEDICATION (LIKE A STATIN)

EAT A HEALTHY DIET

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Your doctor can talk to you about different ways to help lower your cholesterol. Together you can develop a plan that consists of exercise, consuming a healthy diet and a prescription treatment plan that may include a statin. This plan is your insurance policy to reduce your risk of serious health events

Talk with your doctor before stopping your statin.

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