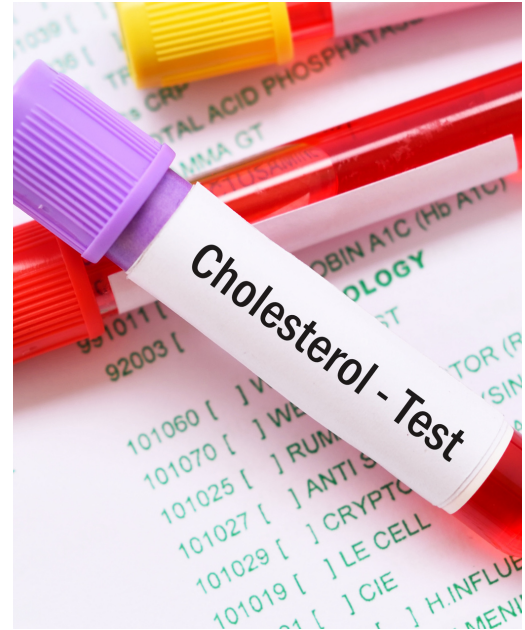
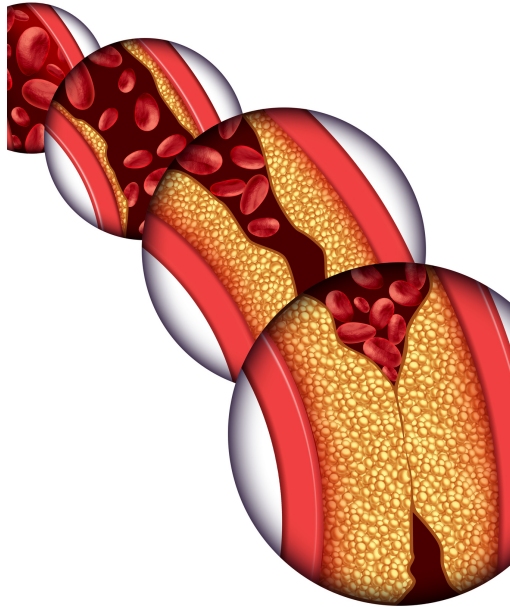


Get Your Cholesterol in Check



Risks of High Cholesterol

Your body needs some cholesterol, but too much of the 'bad kind' (LDL), or not enough of the 'good kind' (HDL), increases the risk of cholesterol building up in the inner walls of the arteries that feed the heart.

High cholesterol can lead to a heart attack, or other cardiovascular diseases like strokes, blood clots, mini strokes, peripheral arterial disease and coronary heart disease.

Causes?

- Unhealthy eating habits
- Lack of physical exercise
- Smoking
- Family history

How to Manage

- Check your cholesterol regularly
- Maintain a healthy diet
- Exercise consistently
- Talk to your doctor