

Is Your Cholesterol a Problem?

New guidelines offer specific recommendations to treat and prevent high cholesterol. Working with your health care provider is the only sure way to know whether you need treatment, but here are general recommendations:

- **Focus on lifestyle.** Healthy eating and physical activity are proven to lower LDL cholesterol (the “bad” kind).
- **Be alert early.** Take a “lifespan” approach to lower heart disease risk, stroke and other major problems. If there’s a family history, it’s reasonable to test kids as young as 2.
- **Keep monitoring.** People over 20 who don’t have cardiovascular disease should have a risk assessment every 4-6 years.
- **Monitor some more.** People between 40-75 are the most likely to need medicine.