

# HIGH Cholesterol



## What is high blood cholesterol?

High blood cholesterol is a condition in which you have too much cholesterol in your blood.

## Signs & Symptoms:

There are NO specific signs of high cholesterol

## Risks

- Obesity
- Unhealthy Diet
- Lack of exercise
- Smoking
- Family history & more.

## IDEAL Cholesterol

Lower total cholesterol is good  
Lower LDL is good  
Lower Triglycerides are good

Higher HDL is good

## Prevention

Healthy diet  
Exercise  
Stop smoking  
Take your medication  
Regular health check