

DMA Celebrates Heart Month

With Tips For

Managing Your Cholesterol

Try a little TLC* to keep your cholesterol in check

****Therapeutic Lifestyle Change***

♥ **The facts:**

- High cholesterol is a major risk factor in heart disease
- Cholesterol build-up causes “hardening of the arteries”, blocking blood flow to the heart.
- A high cholesterol level has no symptoms, so get it checked!

♥ **What affects cholesterol levels?**

Things you can control:

- Diet
- Weight
- Physical Activity

Things you can't control:

- Age
- Gender
- Heredity

♥ **Participate in TLC to manage your cholesterol level!**

1. Know Your Levels

- √ HDL (“good”) vs. LDL (“bad”) cholesterol
- √ Triglycerides

2. Examine Your Diet

- √ TLC diet = low saturated fat, low cholesterol, high fiber

3. Ramp Up Your Physical Activity

- √ 30 minutes or more a day does a body good

Call 781-329-1400 for an appointment today!

