

Managing Healthy Cholesterol Levels

High cholesterol is one of the major risk factors for heart disease. Cholesterol is a fatty substance present in the blood. It can leave deposits and build up as plaque on the walls of arteries. This ultimately leads to coronary artery disease and other heart health complications.

Causes of High Cholesterol



Eat these foods in moderation

Some people have naturally high cholesterol levels due to family history. Cholesterol levels also tend to increase as you age. Other times, however, there are steps you can take to manage your cholesterol levels. For example, obesity puts you at a greater risk of having high blood cholesterol levels. Eating a diet high in saturated fat or cholesterol is also a cause of high cholesterol. Being inactive is another cause.

Treatment

Considering this, making a few lifestyle changes is one of the best steps you can take to keep blood cholesterol levels under control. Exercising more, eating a healthy diet and managing your weight are all important steps in managing cholesterol. It's also important to quit smoking, as this can also play a role. There are a number of medications that can help people keep cholesterol at a healthy level, so it's important to work closely with a health care provider in finding the right combination of treatments to help you manage your cholesterol level.



Increase foods like these in your diet to improve cholesterol levels.

