

# ♥ HEART HEALTH

## High Cholesterol—What A Father Needs To Know

(NAPSA)—Americans are taking high cholesterol to heart. They have good reason. According to the National Institutes of Health, (NIH), high blood cholesterol is one of the major risk factors for heart disease. Heart disease is the number one killer in the United States, accounting for about a half-million deaths each year. Of those with heart disease, more than 52 percent are men, one of the reasons Father's Day is a good time to start minimizing the cholesterol risk factor.

### High Cholesterol

When there is too much cholesterol (a fat-like substance) in your blood, it builds up in the walls of your arteries. Over time the arteries become narrowed and blood flow to the heart is slowed or blocked. If the blood supply to a portion of the heart is completely cut off by a blockage, the result is a heart attack.

Because high blood cholesterol itself does not cause symptoms, many people are unaware that their cholesterol level is too high. It's important to have your cholesterol level checked by a professional to determine if diet, exercise or drug therapy may be required. According to the NIH, cholesterol management is important for everyone—y younger, middle age, and older adults; women and men, and people with or without heart disease.



**A heart-healthy Father's Day gift idea—the first device of its kind for at-home cholesterol monitoring.**

### Personal Cholesterol Monitor

Measuring total blood cholesterol at home is easy with a device designed to quickly and cost-effectively track your progress between doctor's visits. The cholesterol monitor, developed by Lifestream Technologies, Inc. (AMEX: KFL), provides total cholesterol results in three minutes. The test uses a single drop of blood from a fingerstick and allows you to regularly test your cholesterol in the privacy of your home. More information about the Lifestream Cholesterol Monitor is available by visiting [www.knowitforlife.com](http://www.knowitforlife.com) or by calling 1-888-954-LIFE.