



HEALTH AWARENESS

Managing Your Cholesterol Made Easier

(NAPSA)—Cholesterol can be both good and bad and learning more about what's involved can be a good idea.

Cholesterol tests measure the amounts of two types of cholesterol: low density lipoproteins or LDL, and high-density lipoproteins, or HDL.

Studies have shown that people with a relatively high amount of LDL cholesterol in their blood are more likely to develop heart disease. The greater the proportion of HDL, the lower the risk of heart disease.

Diet and exercise may be able to decrease LDL cholesterol and increase the amount of HDL in the blood, although some people need to take medication to lower their LDL and total cholesterol levels.

That's why it's important to learn what cholesterol is, how it affects your health and how to manage your blood cholesterol levels.

Understanding the facts about cholesterol can help you take better care of your heart and live a healthier life, reducing your risk for heart attack and stroke.

If your doctor has told you that you need to manage your cholesterol, you might benefit from some helpful information about cholesterol. A new tool from the American Heart Association may help.

The American Heart Association has created the Heart Profilers tools at americanheart.org/heartprofilers.

People can visit the site and enter their information in the system to find out about lifestyle changes, risk factors, medication and new treatment options.

"Cholesterol management is imperative to reduce the incidence of coronary heart disease—the single largest killer of Americans," said Dr. Clyde Yancy, associate pro-



A helpful Web site helps clear up some common misconceptions about cholesterol.

fessor of medicine/cardiology at the University of Texas Southwestern Medical Center. "With the Heart Profilers, people can participate in the treatment process with their doctor. Now they have powerful online tools that deliver the same state-of-the-art information their physicians use, but in a clear and easy-to-understand language. By using these tools, patients will be better prepared to discuss their health risks with their physicians."

The free, 24-hour tool is based on the latest research reports and updated monthly.

Heart Profilers is confidential. The American Heart Association uses the most up-to-date security technology, including Secure Socket Layer (SSL) encryption, hardware firewalls, continuous network intrusion monitoring and rules-based access controls to accommodate the most stringent security measures according to defined industry protocols.

KOS Pharmaceuticals, Inc. is a sponsor of the cholesterol Heart Profilers Tool.

For more information, visit americanheart.org/heartprofilers and click on cholesterol.