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Lowering Your Cholesterol With TLC

By U. S. Department of Health

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 84 pages. Dimensions: 9.6in. x 6.7in. x 0.2in. This book is a B and W copy of the government agency publication. High blood cholesterol can affect anyone. Its a serious condition that increases the risk for heart disease, the number one killer of Americans women and men. The higher your blood cholesterol level, the greater your risk. Fortunately, if you have high blood cholesterol, there are steps you can take to lower it and protect your health. This booklet will show you how to take action by following the TLC Program for reducing high blood cholesterol. TLC stands for Therapeutic Lifestyle Changes, a three-part program that uses diet, physical activity, and weight management. Sometimes, drug treatment also is needed to lower blood cholesterol enough. But even then, the TLC Program should be followed. The booklet has four main sections: It explains why cholesterol matters and helps you find your heart disease risk; describes the TLC Program; talks about a condition called the metabolic syndrome that can also be treated with TLC; and offers advice on how to make heart healthy lifestyle changes. Within the sections youll find...



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