



## Women's Heart Risk

Health and Wellness

**Tip of the Week**  
**Week 6**  
**February 10, 2020**

Our Mission is to promote  
health awareness and  
encourage healthy lifestyles.

## **Don't Be A Heartbreaker – Treat Bad Cholesterol**

February is a time to celebrate love. It's also American Heart Disease Awareness Month, a good reminder that your heart needs love, too. One way to guard your heart is to keep a healthy cholesterol level. High LDL or 'bad' cholesterol is unsafe. Unfortunately, less than half of the 71 million U.S. adults with high LDL cholesterol seek care from their doctors. Your doctor can check your level each year through a fasting blood test. Get your cholesterol under control today.

*Sources: Centers for Disease Control and Prevention; The American Heart Association*

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