

National Cholesterol Education Month

This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

You use numbers every day — your phone, your zip, even your PIN. But knowing your cholesterol numbers can help save your life. Thirty-four million adults in the U.S. have high cholesterol, but many of them don't know it. Do you know your numbers?

Your doctor can do a simple test to check your cholesterol levels and help you make choices that lower your risk for heart disease and stroke. September is National Cholesterol Education Month. Visit www.cdc.gov/cholesterol to learn more.

A message from CDC.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.