



A MINUTE OF HEALTH WITH CDC

Control Your Cholesterol

Prevalence of Self-Reported Cholesterol Screening and High Blood Cholesterol Among Adults — United States, 2005-2009

Recorded: September 4, 2012; posted: September 6, 2012

This program is presented by the Centers for Disease Control and Prevention.

High cholesterol is one of the leading causes of heart disease in the US. Unfortunately, many people don't know they have the condition until after they have a heart attack. Being overweight, eating an unhealthy diet high in fat, getting little exercise, or having a family history of heart disease are risk factors for high cholesterol.

Early detection and intervention can reduce your risk of developing heart disease. Everyone aged 20 years and older should have their cholesterol tested at least once every five years.

Check with your local pharmacy or make an appointment with your health care provider. Thank you for joining us on *A Minute of Health with CDC*.

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