"I'm taking charge by watching my cholesterol and taking my meds."

My doctor told me that the most important thing I can do to prevent complications from my high cholesterol level is to take charge of my own care. So, I'm taking my medicine regularly and watching my numbers to prevent complications. While my medicine plays an important role, I'm also moving more. This helps me stay at a better weight and I have enough energy to enjoy the day. I feel much better too. And that's not a bad side effect.

Live Like Your Life Depends On It.

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