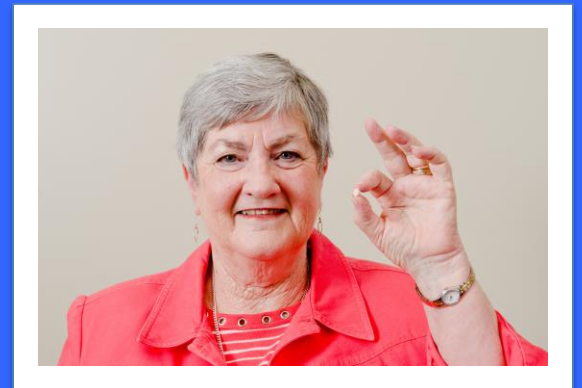


How Judy Controlled Her Cholesterol

“My high cholesterol is hereditary. I was somewhat familiar with my risk, but back then we didn’t have as much information as we do now. At an appointment with my gynecologist, they said I had sky high cholesterol, the highest they’d ever seen, 438. They sent me to an internist, and he put me on medication.

“I don’t like to take medication, period. But when they told me they’d only seen the walking dead with a cholesterol level that high, it scared me - I knew I needed it. My mother had heart problems for six years before she died of a heart attack. She went when she was 73, and I don’t want to go that soon – I still want to be around for a while. So that’s my one medication I take. I’ve been through lots of different types of cholesterol medications. I didn’t have any side effects with any of them. I just felt mental relief, knowing I was doing everything I could do to prevent heart problems. Some people say that their muscles hurt on the medication, I’ve never felt that. Or I ignored that and went on.

“At my appointment last July my cholesterol was 216. I try to eat right. It’s easier in the summer time because there are so many fresh vegetables, cooking on the grill. My daughter checked her cholesterol and it was high even though she’s a vegetarian, so diet doesn’t always control it.”



Enka Candler resident Judy Shelton



“Have your cholesterol checked, and do what your doctor advises you to do. If one brand of statin causes side effects, give the doctor a chance to try other types.

If you need medication, stay on it. It’s not something you come off of.”

Get a coach!

Talk to a doctor about steps to take **NOW!**