



Controlling Cholesterol For Dummies

Carol Ann Rinzler

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Need to get your cholesterol in check? You'll find the latest information about cholesterol, including treatments, drug information, and dietary advice, in *Controlling Cholesterol For Dummies, 2nd Edition*, an easy-to-understand guide to cholesterol control. You'll learn how to lower your numbers and maintain healthy cholesterol levels. You'll also find out how to eat and exercise properly, use vitamins and supplements, and quit unhealthy habits.

You'll find out cholesterol's positive functions and why too much can be a bad thing. You can also assess your cholesterol risk by taking your age, sex, ethnicity, and family history into consideration. Find out what you need to ask your doctor about stress tests, ECBT, and angiograms to check for plaque buildup. Design a cholesterol-crushing diet and understand which foods can help you lower your numbers. Find out how smoking, alcohol, exercise, excess weight, supplements, and prescription medications affect your cholesterol levels. Find out how to:

- Assess your cholesterol risk
- Understand the benefits and risks associated with cholesterol
- Design and adhere to a cholesterol-lowering diet
- Avoid dangerous drugs
- Reduce your risk of heart attack
- Choose fats and fibers correctly
- Check for plaque buildup

Complete with lists of ten important cholesterol websites, ten nutrition websites, ten cholesterol myths, ten landmarks in cholesterol history, ten foods that raise your cholesterol, and ten foods that lower your cholesterol, *Controlling Cholesterol For Dummies, 2nd Edition* will help keep your cholesterol levels under control for good!

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