

HEALTH CARE CORNER

Managing Your Cholesterol

A MESSAGE FROM OUR NEW CARDIOLOGISTS



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To make an
appointment with an
ADC cardiologist,
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Cholesterol is a substance that our bodies produce to help with vital functions. But when our bodies produce too much cholesterol—or we eat too many foods high in cholesterol—it can be bad for our health.

About 105 million Americans have a cholesterol level of 200 or higher, the level at which your risk for heart disease begins to increase. Because high cholesterol by itself does not cause any outward symptoms, it's important to know your cholesterol level—the combination of your HDL (or “good” cholesterol) and LDL (or “bad” cholesterol). There are several lifestyle changes you can make to help control your cholesterol and reduce your risk for heart disease.

- Control other risk factors for heart disease, including high blood pressure and smoking.
- Follow a diet low in saturated fat, trans fat, and cholesterol.
- Maintain a desirable weight. Excess weight tends to raise your “bad” cholesterol levels.
- Get regular exercise. You should try to be active for at least 30 minutes every day.
- Begin medication therapy if prescribed by your physician. Cholesterol-lowering drugs like statins, niacin, and others may be an option.

The Austin Diagnostic Clinic (ADC) employs board-certified cardiologists who diagnose and treat heart and vascular diseases. Cardiologists are trained in the prevention of these types of diseases and can help you develop a plan for lowering your cholesterol. In addition to Dr. Dlabal and Dr. Imsais, ADC Cardiology includes Stuart Damore, M.D., Jose Mejia, M.D., and Diane Warmoth, PA-C.

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