

[HOW TO LOWER BAD CHOLESTEROL](#)



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The doctor looks at your HDL (good cholesterol) and your LDL (the lousy cholesterol) numbers. HDL of 60 or more is considered protective, but it does raise your total cholesterol number. In this case it would not be a concern. If your LDL number is over 130 than it would be more a cause of concern. LDL between 100-130 is considered near optimal.

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They may also need to take medicines. There are several types of cholesterol-lowering drugs available. They work in different ways and can have different side effects. Talk to your health care provider about which medicine is right for you. Even if you take medicines to lower your cholesterol, you still need to continue with lifestyle changes. Lipoprotein apheresis to lower cholesterol. Familial hypercholesterolemia (FH) is an inherited form of high cholesterol.

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How to Reduce Bad Cholesterol

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A little attention to detail never hurt

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