

High Cholesterol

If one has high cholesterol, the followings can be used as reference to help decrease one's cholesterol level:

- Reduce the consumption of high-fat diet
- Consume at least five servings of vegetables and fruit daily
- Eat more high-fiber foods, such as whole grains, fruits and vegetables.
- Do exercise on a daily basis
- Quit smoking
- Reduce body weight if over-weight



Most of the cholesterol in our body is actually manufactured by the body itself. If you are at high risk of having heart disease: such as a family history of high blood pressure, high cholesterol, diabetes, smoking,...etc, in addition to paying attention to the above cholesterol-lowering methods, you may want to consult with your doctor to investigate whether there is a need to start taking cholesterol-lowering medication.

Feel free to contact us for information about cholesterol-lowering medications. (part of the information here is taken from the BC Health Guide).

The above information is for reference only, Crystal Pharmacy and Medical Supplies will not be responsible for any consequences caused by above information