



**FOR IMMEDIATE RELEASE**

**Sept. 16, 2019**

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## **Oklahoma HMO shares tips to lower cholesterol**

*High cholesterol increases risk for heart disease, stroke*

**OKLAHOMA** – More than 102 million Americans have high cholesterol levels, with 35 million at risk of developing heart disease. September is National Cholesterol Education Month and is a good time to get your cholesterol checked. GlobalHealth is encouraging Oklahomans to make smart lifestyle choices to help reach their cholesterol goals.

“If your cholesterol is rising, your doctor has probably told you about your increased risk for heart disease and stroke,” said Dr. Wesley Williams, medical director at GlobalHealth. “The good news is that high cholesterol can be lowered. Lifestyle and behavior changes can dramatically improve your levels.”

GlobalHealth is providing information to inform Oklahomans of the dangers of high cholesterol.

**What is cholesterol?** Cholesterol is a waxy substance found in your blood. Though your body needs it to build healthy cells, high levels of cholesterol can be dangerous. High cholesterol has no symptoms. The only way to detect it is through a blood test. Adults over the age of 20 should get checked for high cholesterol every five years.

**Dangers of high cholesterol.** If you have high cholesterol, your LDL (“bad” cholesterol) may be too high or your HDL (“good” cholesterol) may be too low. This increases your risk of developing fatty deposits in the arteries and creates blockages. High cholesterol levels are also one of the risk factors for heart disease and stroke.

**Lifestyle changes.** You can lower your cholesterol levels by eating a healthy diet. You should limit fried foods, red meats and dairy products made with whole milk. You should eat lots of fruits, vegetables, whole grains, fish and poultry. Additionally, it is important to be physically active. Just 150 minutes of exercise a week can lower your cholesterol levels.

**Treatment.** Lifestyle changes are not always enough to lower your cholesterol levels. Your primary care physician may recommend medication such as statins. Statins block a substance

your liver needs to make cholesterol. This can lower your total cholesterol and reduce your risk of heart attack or stroke.

### **About GlobalHealth**

GlobalHealth is changing health insurance in Oklahoma. As an industry leader, GlobalHealth is an Oklahoma-based health maintenance organization covering individuals in all 77 Oklahoma counties. Working proactively with its members, GlobalHealth engages a personalized management plan to address their specific needs and ensure the best possible health outcomes. GlobalHealth utilizes cutting-edge, predictive data technology as a foundation to deliver improved healthcare as part of its commitment to making health insurance more affordable. Its membership includes state, education and municipal employees, federal employees and individuals who are eligible for Medicare. To learn more, visit [www.GlobalHealth.com](http://www.GlobalHealth.com).

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