

# Know the common misconceptions about cholesterol



## Is it fact or fiction?

Cholesterol can be both good and bad. That's why it's important to learn the facts about cholesterol, how it can affect your health and how to manage your blood cholesterol levels.

Beware of the following misconceptions about cholesterol:

**MYTH**

Choices about diet and physical activity are the only contributors to cholesterol levels

**MYTH**

Using margarine instead of butter will lower cholesterol

**MYTH**

Taking medication for high cholesterol means not having to worry about what you eat

**MYTH**

High cholesterol is only a man's problem

**MYTH**

You don't have to have cholesterol checked until you reach middle age



Get the whole story about cholesterol by checking out the online *Health Encyclopedia*—available from the Personal Health Manager through Blue Access® for Members.



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Source: American Heart Association

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