

# ● GUIDE TO ● UNDERSTANDING AND MANAGING CHOLESTEROL

**H**ealthy eating habits and regular exercise are both important factors when working to help manage your cholesterol levels. If diet and exercise are not improving your overall cholesterol levels enough, your doctor may prescribe a statin like LIVALO® (pitavastatin). LIVALO is a statin medication that, along with a heart-healthy diet, improves overall cholesterol levels. While taking LIVALO, it's important to continue to improve your diet and physical activity. Even minor adjustments to your diet and small additions of exercise can be beneficial.

LIVALO is available in 1 mg, 2 mg, and 4 mg tablets.



## Some cholesterol basics



### Cholesterol comes from 2 main sources

Some cholesterol is produced by your liver, while some cholesterol comes from your food choices.



### What is cholesterol?

Cholesterol is a waxy, fat-like substance found in the cell walls in all parts of your body.



### Why is cholesterol important?

Your body makes cholesterol because it maintains cellular health, and is needed for the production of hormones, vitamin D, and other substances.



### How is cholesterol transported in the body?

Cholesterol travels in your bloodstream in small packages called lipoproteins.

## Two types of cholesterol

**Good**, High-density lipoprotein cholesterol, or HDL “Good” cholesterol is considered good because it carries cholesterol from body tissues to the liver, where it is removed.

**Bad**, Low-density lipoprotein cholesterol, or LDL “Bad” cholesterol is considered bad because it carries cholesterol to tissues in the body, particularly to the arteries, where it can build up.

By itself, high cholesterol does not cause any symptoms, so many people are unaware of it. Be sure to ask your doctor what your levels mean and how often your cholesterol should be checked.

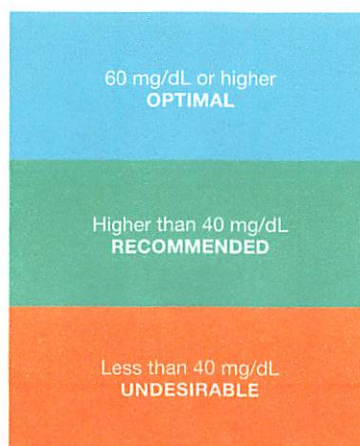
## Cholesterol ranges

It's important for your doctor to check your cholesterol and guide you to diet, exercise, and medication, if necessary, to keep cholesterol at recommended levels.

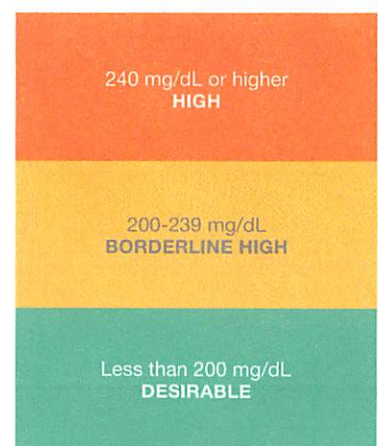
### LDL cholesterol generally a lower number is better



### HDL cholesterol generally a higher number is better



### Total cholesterol generally a lower number is better



Adapted from National Cholesterol Education Program (NCEP) Adult Treatment Panel (ATP) III.

Visit [LivaloRx.com/cholesterol-statins/manage-cholesterol](http://LivaloRx.com/cholesterol-statins/manage-cholesterol) for more information



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## Creating a cholesterol-lowering diet



### Eat more foods with soluble fiber

Some examples of foods high in soluble fiber are peas, legumes, apples, oranges, pears, berries, broccoli and oatmeal.



### Increase your monounsaturated fat

Replacing a higher carbohydrate diet with one rich in predominantly monounsaturated fat (such as in almonds, avocados, and olive oil) can help to improve cholesterol levels.



### Reduce trans fats and saturated fats in your diet

These types of fats raise your LDL "Bad" cholesterol and can be found in foods like pastries, fried foods, fatty meats, and butter. Trans fats are worse than saturated fat – they raise your "Bad" cholesterol and decrease your "Good" cholesterol.



### Smarter food preparation

Instead of frying try boiling, grilling, roasting, or poaching. Try to avoid breading meats, as it can soak up more fat when frying. Before serving, be sure to drain off any fat that appears after cooking.



### Watch out for empty calories

Foods with empty calories (like soda, cookies, and ice cream) are loaded with sugar and/or fat and contain few essential vitamins and minerals.

## Understanding food nutrition fact labels

As part of creating a cholesterol-lowering diet, it's helpful to have an understanding of food labels. Knowing how to read them can help you to make healthier food choices.

### Start here

#### The Serving Size

This is the place to start. It is where you will see serving size measurements, as well as how many servings are contained in the package. You can also compare similar foods because familiar units are provided, such as cups, pieces, and grams.

### Quick guide to % daily value

#### The Percent Daily Value (% DV)

This section helps you determine if a serving of food is high or low in a nutrient and is based on a 2000 calorie diet.

Remember, you have the ability to help manage your cholesterol levels and make healthy choices every step of the way!

### Get enough of these nutrients

#### Nutrients

This is where you can learn more about fiber and key nutrients that can impact your health. Eating enough of these nutrients (Vitamin A, Vitamin C, calcium, iron) can improve your health and reduce the risk of some diseases and conditions.

Nutrition Facts	
Serving Size 1 cup (228g)	
Serving Per Container About 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be high or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	24,000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



### Check calories

#### Calories (and Calories from Fat)

This section provides a measure of the amount of energy you'll get from a serving of food. It can be helpful for managing your weight, as it's based on a 2,000 calorie diet.

### Limit these nutrients

#### Fats, Cholesterol, and Sodium

This is where you can learn more about fat, saturated fat, trans fat, cholesterol, and sodium. Eating too much of these can increase your risk of some diseases and conditions, such as heart disease and high blood pressure.

- Trans fats are commonly found in commercially processed, fried, and baked goods because they don't spoil as quickly and have a longer shelf life. Eating trans fats can raise the level of LDL ("Bad") cholesterol in the blood.

### Footnote

Dietary values are always based on a 2,000 calorie diet. It does not change because it shows the recommended dietary advice for all Americans, not about the specific food product.



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## Fit exercise into your life — it's important and worth it

The health benefits of regular physical activity are hard to ignore. As you continue to be active, you may be able to help improve your cholesterol levels.



### Take time to exercise

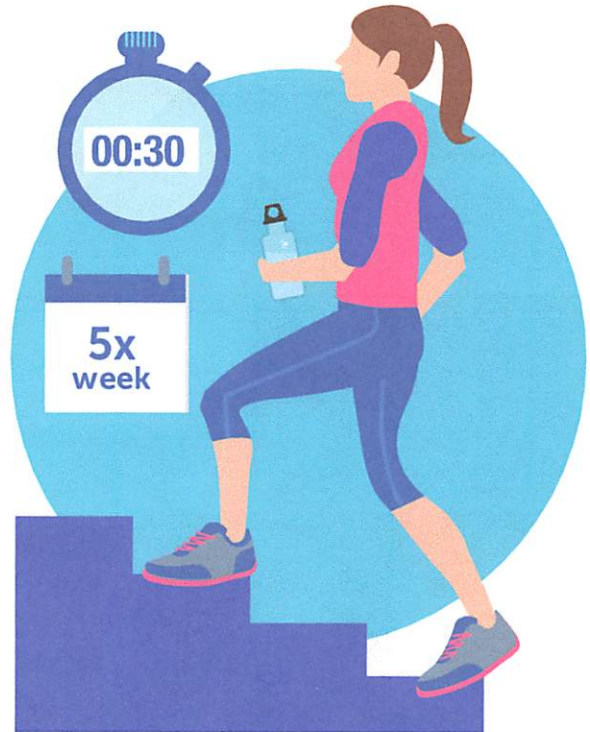
The American Heart Association (AHA) recommends a minimum of 30 minutes a day, 5 times a week of moderate exercise. If you do vigorous activities, you can spend about half that time to experience the benefits.



### It doesn't have to feel like a chore

Fit physical activity into your daily routine, like taking the stairs, playing with your kids, swimming, biking, gardening, playing sports, or taking a brisk stroll. In fact, the AHA says walking is one of the easiest ways you can improve your heart health.

Always talk to your doctor before starting or changing any exercise program.



## Tips for sticking to your routine



### Start slow

Give your body time to build up to 30 minutes a day (or whatever amount of time your doctor recommends).



### Patterns help

Try to exercise at the same time of day, every day, so that it becomes a regular part of your schedule and lifestyle.



### Reasonable goals

Keep your expectations reasonable and don't get discouraged if you miss a day or two.



### Mix things up

Do a variety of activities or change up the scenery/location to stay interested.