

# National Cholesterol Education Month



Blood cholesterol is a waxy, fat-like substance produced by your liver. Cholesterol is needed to maintain good health and helps perform jobs in the body such as making hormones and digesting fatty foods. Like everything else, having abnormally high cholesterol can lead to many problems in the body such as heart disease and stroke.



## How to prevent High Cholesterol?

You can choose healthy ways to lower your high cholesterol by limiting high saturated fat that comes from animal products such as dairy and fatty meats. Instead, choose foods that are higher in natural fiber such as oatmeal, beans, and vegetables. It is also advised to maintain a healthy weight and partake in some physical activity daily. Quitting smoking or drinking can also help lower cholesterol.



## How to manage High Cholesterol?

If you are concerned about high cholesterol, talk to a Nice Healthcare provider. Maintaining a healthy dose of medication for your high cholesterol may be necessary to continue a well-balanced life. You should also consider making healthier lifestyle changes such as daily physical activity and healthy dietary choices.

Citation: <https://www.cdc.gov/cholesterol/index.htm>

### ONE PART OF NICE HEALTHCARE SERVICE

## Chronic Condition Management

Nice Healthcare can help manage many kinds of chronic conditions such as high blood pressure, high cholesterol, thyroid levels, type 2 diabetes, asthma, anxiety, and depression. Anyone who has had these conditions knows that it is often recommended that you see a provider 2-4 times per year to keep these conditions controlled. Going to other traditional healthcare clinics with their long wait times and high costs wastes our time and negatively impacts our finances each time we have to check-in.

At Nice Healthcare, we know these chronic conditions can make it difficult to maintain a normal and healthy life. Through our app, you can schedule an appointment to discuss chronic conditions with a Nice provider via video or chat visit. Then if needed, we'll come to you for a blood draw or check-up to make sure we have your most up to date labs and vitals so we can treat you appropriately and prescribe any medications you may need.

You can even transition your care to Nice by having your previous records sent over to us so your Nice provider knows exactly what your progress has been over time. We want you to understand your condition and feel comfortable coming back to Nice to check up, so we'll also follow up after your visit to make sure everything is going well. Who knew managing a chronic condition could be so Nice?

### CARE TEAM SPOTLIGHT



## Carrie Ahlness

APRN, CNP

"I love the story behind each of my patients. We all come from different walks of life. Each of us has a story—a story that I want to hear. Experiences that we went through as a child or adult does affect how we live our life. It is a privilege to be able to help each and every one of my unique patients as they grow in their life."