

## **Keep Calm and Control Your Cholesterol *(Interview Transcripts)***

**Ashley Lisek, APN, Family Medicine, OSF HealthCare**

“If you have high cholesterol, you could be at risk for having a stroke or a mini stroke – which we typically call a TIA. You could be at risk for having clogged arteries which then puts you at risk for coronary artery disease or heart disease. You also would have increased risk for diabetes.” (:15)

**Ashley Lisek, APN, Family Medicine, OSF HealthCare**

“Being older in age makes you more at risk for high cholesterol, along with your diet and lifestyle regimen. If you are eating a lot of fried, fatty, and processed foods that can increase your risk. Being African American can also increase your risk of high cholesterol – as well as having diabetes. Genetics is a factor to an extent. There is a component where it can be family-related. But a lot of it can also be minimized with not just medicine, but your lifestyle and eating habits.” (:29)

**Ashley Lisek, APN, Family Medicine, OSF HealthCare**

“We like to start lifestyle modifications when your total cholesterol starts to get elevated above that 200 level. If your triglycerides are elevated or your bad cholesterol is high, we like to address that sooner rather than later as well to minimize your risk of further diseases.” (:15)

**Ashley Lisek, APN, Family Medicine, OSF HealthCare**

“One of the things I commonly hear is ‘I can’t eat avocado or almonds because they are bad for me.’ No they are not. Those are healthy fats and what we are saying to do is eat them in moderation. So avocado is different than guacamole. A lot of times people think that guacamole is considered avocado, but it’s not. But eating those in moderation actually helps improve those healthy fats.” (:21)