



Alan, Age 51

## Alan's story

**Pfizer life aims to help you make more informed decisions about how you can live your life in the best possible health. This story is an example of one patient's experience with high cholesterol. However your experience may be very different.**

When the doctor told me I had high cholesterol, I didn't register much. To be honest I didn't really understand what it was.

But my doctor explained that you don't feel any different when you've got high cholesterol, but that it can badly affect your circulation in the long term if you leave it untreated.

Apparently it can lead to blockages in your blood vessels, which could lead to you having a stroke or a heart attack.

Then it clicked. Several people in my family have had strokes, and I don't want to be one of them. So I asked if the medication he was suggesting might help me avoid a stroke in the future.

The doctor said that yes, the medication would lower my cholesterol levels, which lowered the risk of having a stroke. He also said that I have to take my tablet every day, and not to miss any.

To be honest I took this to heart. My uncle had a stroke when I was quite young, and seeing him in a wheelchair was quite scary for me then, and I felt really sorry for him.

Getting into the routine of taking a tablet every day was quite difficult for me. But I seem to be managing. But it's quite a nice feeling to know that you're doing what you can to protect your health.