



Sheila, Age 40

## Sheila'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.**

I just went along for a normal check up at my doctor's surgery. And when the results of my blood test came back they said that my cholesterol levels were very high.

I'd only just turned 40, and I wasn't expecting anything to show up as I'd always been pretty healthy. I was a bit overweight, but not by much. And I always ate fairly healthily too, so it was a bit of a surprise.

I always thought cholesterol came from the food we eat – you know from things like eggs. But the doctor explained that cholesterol also comes from your own liver. And sometimes the liver makes more cholesterol than it needs to.

Having high cholesterol can run in families. My dad only found out that his cholesterol levels were high after he had a heart attack. But then he's never been one to go to the doctor if he can possibly avoid it. Fortunately dad is okay now, but thinking that if I was like him I could have a heart attack too made me feel nervous.

However my doctor explained that there was a treatment I could take every day, which would protect me from the bad effects of high cholesterol, such as heart attacks. I know now that every day that I take my treatment is a day that I am protecting myself from high cholesterol. Now when I get my cholesterol checked the levels are much more normal and that makes me feel more secure.