

THE HARVARD MEDICAL  
SCHOOL GUIDE TO



# *Lowering Your*

What a  
Harvard Doctor  
*Wants You*  
to Know!

# Cholesterol

**MASON  
FREEMAN, M.D.**  
ASSOCIATE PROFESSOR,  
HARVARD MEDICAL SCHOOL  
WITH  
**CHRISTINE JUNGE**

## EXPERT INFORMATION ON

- ✓ The latest guidelines and what they mean for you
- ✓ How low your LDL really should be
- ✓ Medications and other treatments
- ✓ What you can do without drugs

# The Harvard Medical School Guide To Lowering Your Cholesterol

**Wolfgang Guggemos**



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