

## George King - Taking Charge of His Cholesterol

George King, a Dow Texas Operations retiree, is a great role model for health empowerment. Rather than take the passive approach to lowering his cholesterol, he decided to "take charge" by improving his diet and increasing his exercise program. George shares his story:



*"About 5 years ago my cholesterol level in a routine blood check came back at 210. Anything over 200 is considered high. My doctor told me that, given my family history for heart disease and the fact that I was already using medication to control my blood pressure, I should also begin medication for my cholesterol.*

*"My wife Kathy was not in favor of the additional medication. We had read that diet and exercise can go a long way toward keeping cholesterol levels where they should be. So, instead of the medication, I opted to eat cereal made from whole grain oats (I chose Honey Nut Cheerios) as my regular breakfast food and to get some more exercise.*

*"Six months later my cholesterol level was down in the 180 - 190 range just by regularly eating whole grain oats for breakfast and doing a better job of getting the regular exercise I need. My doctor was pleased to see the readings back in the normal range, and I avoided the cost of medication and the potential for side effects. My cholesterol has stayed in check ever since!"*

Earlier this year, General Mills solicited consumer stories about the health benefits they had experienced in relation to eating their cereal. George submitted his story about how he had lowered his cholesterol with exercise and healthier eating, and was chosen to be featured on the cereal box starting in November 2008 – George K. from Lake Jackson, TX.

George's story demonstrates how small improvements can still have a significant impact on health. By choosing a whole grain oat cereal that he enjoys, he stays consistent with his choice – something he admits he wouldn't do with a cereal that "tastes like cardboard." And combining his diet choice with regular exercise gives him maximum control over his cholesterol. Congratulations, George!

If you have questions or would like to learn more about Dow's Retiree Health Empowerment Program, contact Leslie Sosebee, Retiree Health Promotion Coordinator, at [LSosebee@dow.com](mailto:LSosebee@dow.com) or 281-966-2839.