

PREVIEW_ David Diamond –

Dr. Diamond: 10 years ago I was diagnosed with very high cholesterol. My doctor told me that I was basically a heart attack just waiting to happen. It would be inevitable with how extreme my triglycerides were, how low my HDL was or high my LDL was.

And my training was in neuroscience not in heart disease so I was alarmed. My doctor urged me to take a statin as well as take other steps and I like to say that rather than going to the pharmacy I went to the library.

And I decided that with my background in biology the very least before I take the medication I should learn about cholesterol and heart disease and fully understand the risk that I was at, what was causing me to be overweight, what was causing my triglycerides to be astronomical.