How often should I get my cholesterol checked?

February 19, 2019 By Lucinda K. Porter RN

The American Heart Association recommends that all adults 20 or older have their cholesterol checked every 4 to 6 years. However, more frequent screening is recommended for people with certain risk factors. These include:

- Family history of heart disease or high blood cholesterol.
- Diabetes.
- Older age.
- Being male.
- Being overweight.
- A high cholesterol result on a previous test.

February is American Heart Month. Click here for more information on cholesterol and other risk factors for heart disease.

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