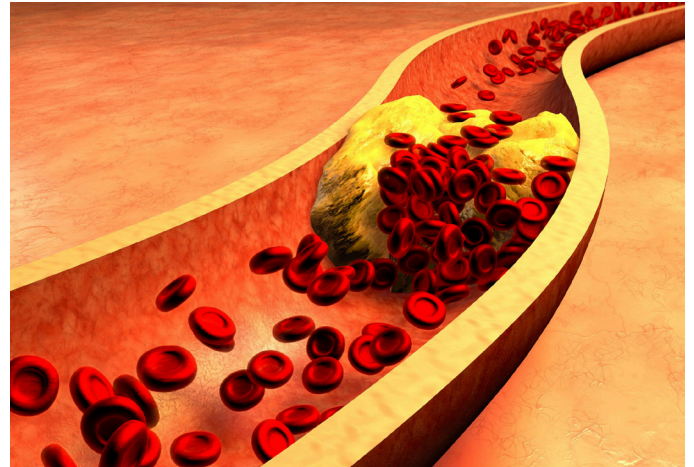




What You Need to Know About Managing Your Cholesterol

WHAT IS CHOLESTEROL?

Cholesterol is a white and waxy substance found in your blood. Cholesterol is not all bad. Our bodies need Cholesterol, just not too much. Cholesterol comes from two sources, the foods we eat, and our bodies make cholesterol. Cholesterol is found in organ meats, egg yolks, and dairy products. Having high Cholesterol can lead to heart attacks and stroke. Our bodies produce the right amount of Cholesterol. When we eat foods high in fat, we increase our cholesterol.



WHAT HAPPENS DURING A CHOLESTEROL TEST?

The cholesterol test, or screening, requires a simple blood draw. You may need to fast (not eat or drink) for 8 to 12 hours before your cholesterol test. Be sure to ask your doctor how to prepare for the test.

The cholesterol test checks your levels of:

Low-density lipoprotein (LDL) or “bad”

cholesterol. Having high levels of LDL cholesterol can lead to plaque buildup in your arteries and result in heart disease or stroke.

High-density lipoprotein (HDL) or “good” cholesterol. HDL is known as “good” cholesterol because high levels can lower your risk of heart disease and stroke.

Triglycerides, a type of fat in your blood that your body uses for energy. The combination of high levels of triglycerides with low HDL cholesterol or high LDL cholesterol levels can increase your risk for heart attack and stroke.

WHAT IS MY CHOLESTEROL LEVEL?

Knowing the cholesterol level will benefit your health. Ask your doctor for your most recent test results.

Less than 150 Normal

150 - 199 Mildly High

200 - 499 High

500 or higher Very high



RISK FACTORS OF HIGH CHOLESTEROL

Over time having high cholesterol can lead to heart attacks and strokes. Knowing the risk factors is important for controlling your Cholesterol. Working closely with your medical team can help you manage your cholesterol.

- Family history
- Being Obese
- Having other chronic illnesses
- Smoking
- Unhealthy diet
- Lack of exercise
- Being overweight
- Eating food high in fat
- Consuming too much alcohol
- Stress

HOW CAN WE MANAGE CHOLESTEROL

Along with working with your health care team, there are things that you can do to manage cholesterol. Keeping your cholesterol in check will improve your quality of life.

- Plan your meals
- Exercising regularly
- Taking your medication as indicated by your doctor
- Quit smoking
- Practice relaxation exercises
- Maintaining a healthy weight
- Visit your medical provider regularly
- Eating Healthy
- Physical Activity and Exercise
- Checking your cholesterol levels regularly
- Keep a healthy weight or reduce body weight
- Schedule an appointment with a nutritionist



Source: Centers for Disease Control