

Make *Yours* Healthy Choices!

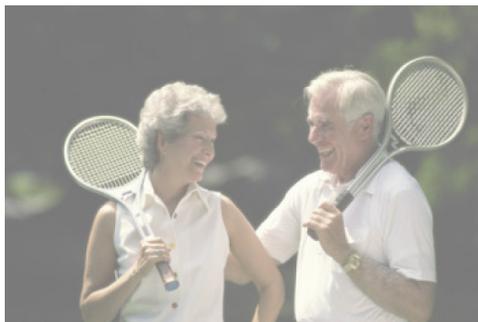
Cholesterol

WHAT IS CHOLESTEROL?

Cholesterol is a waxy, fat-like substance which occurs naturally in all parts of your body. Your body needs some cholesterol to work properly, but if you have too much in your blood, it can stick to the walls of your arteries and narrow or block them completely.

High levels of cholesterol in the blood can increase your risk of heart disease and levels tend to rise as you get older. You are likely to have high cholesterol if members of your family have had it, if you are overweight or if you eat fatty foods.

Increasing your daily exercise routine and eating more fruits and vegetables can help you lower your cholesterol levels. You may also need to be on medications prescribed by your physician to control your cholesterol levels.



GOOD VS. BAD CHOLESTEROL

The three types of cholesterol found in your blood are: **HDL** (good cholesterol), **LDL** (bad cholesterol) and **triglycerides**.

Good cholesterol is called **HDL**. It helps keep the arteries from clogging up and protects against heart disease. A good level of HDL would be 60mg/dL or more.

Bad cholesterol is called **LDL**. It can cause a build up in your arteries and block your blood flow which can cause heart disease. A good level of LDL would be under 100mg/dL.

Triglycerides are another form of fat found in your blood which can raise your risk for heart disease. Borderline high (150-199mg/dL) or high (200 mg/dL or more) may be recommended for treatment by a physician.

WHAT CAN YOU DO?

Fortunately there are things **YOU** can do to help lower your cholesterol levels.

- Cut back on foods high in fat including fatty meats, whole milk, fatty cheeses, butter, margarine, oils, lard and creams.
- Limit egg yolks and whole eggs.
- Include fruits and vegetables in your diet.
- Cut back on fatty snacks and desserts.

- Exercise at least 30 minutes if possible.
- If you are currently overweight, work on losing those extra pounds.
- Ask your doctor if you need medication to help lower your cholesterol.

Information from:
www.nlm.nih.gov/medlineplus/cholesterol.html
www.fda.gov/womens

WRAP UP!

High levels of cholesterol can narrow the blood vessels in your body and lead to a heart attack. Everyone should have regular cholesterol tests to find if your levels are within the normal range. If your cholesterol level is high, remember it can be treated through diet, exercise, weight loss and if necessary medications. Life style changes call for determination on the part of the patient and may lead to a healthier and better quality of life.



**If you suffer from Hyperlipidemia, please contact Delta Disease Education today. This confidential service is provided by your employer at no cost to you.
800.380.0426**

Note: This information is meant to complement the advice of your health care providers, not to replace it. Talk to your doctor if you have any health care concerns.