



## CHOLESTEROL

Did you know?

Your blood cholesterol level is affected not only by what you eat but also by how quickly your body makes LDL ("bad") cholesterol and disposes of it. In fact, your body makes all the cholesterol it needs, and it is not necessary to take in any additional cholesterol from the foods you eat.

Elevated Cholesterol levels are linked with atherosclerotic vascular disease, as well as, stroke, heart attacks, heart disease, and peripheral vascular disease (arteries of the legs).

Over decades, high blood cholesterol levels may result in damage and narrowing of arteries (atherosclerosis) that supply the heart, brain and other organs. In time poor blood flow may damage those organs and cause sudden heart attacks and strokes.

High Cholesterol often runs in families. Many people have high cholesterol levels despite eating right and exercise. Cholesterol can be **controlled by Diet, Weight, and Exercise**. However, many people may ultimately be put on medication to control their cholesterol levels.



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Provided by Community of Christ Health Ministries Assoc.  
National Heart, Lung, and Blood Institute guidelines

## **Is Cholesterol Good or Bad??**

Cholesterol is a natural substance found in our diet and made by our liver. It is key for many functions throughout our body. It travels in the body in little packets of fat or droplets known as lipoprotein particles.

Cholesterol comes in two different types. The good is called High Density Lipids (HDL) and the bad is called Low Density Lipids (LDL).

The **LDL (Lousy)** carries most of the cholesterol in the blood, and can stay in blood vessels over time and lead to fatty deposits in the blood vessels. **HDL (Helpful)** particles help remove cholesterol from the arteries and helps return cholesterol to the liver. Studies show that high HDL levels protect you from a heart attack.

## **Do You Know Your Numbers??**

Normal Total Cholesterol should be less than 200mg/dl.  
HDL greater than 40mg/dl for men, 50mg/dl for women.  
LDL under 100 mg/dl.

## **What can you do??**

- Know your numbers. Experts agree that screening for cholesterol and HDL is very important for men over 35 and women over 45.
- Eat a diet low in saturated fat, trans fat and cholesterol.

- Exercise for 30 minutes or more, most days of the week.
- Maintain a healthy weight.
- Don't smoke.

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