High Cholesterol

High cholesterol can increase your risk of having high blood pressure, chest pain, a heart attack, and a stroke.

WHAT ARE CHOLESTEROL AND TRIGLYCERIDES?

Cholesterol is a fat that comes from:

1. foods such as meats, eggs, milk, butter and lard.
2. the human body. Cholesterol is made in the liver and travels in the bloodstream.

Blood Veseel

There are 2 types of cholesterol:

High Density Lipoprotein (HDL) = Good Cholesterol	Low Density Lipoprotein (LDL) = Bad Cholesterol
This good cholsterol gets rid of extra cholesterol in the blood. It takes the extra cholesterol back to the liver to be broken down and for your body to get rid of it. The higher the HDL level, the lower the bad cholesterol will be.	This bad cholesterol builds up in the blood vessels. Too much bad cholesterol will block blood flow.

Triglycerides form when you eat more calories than your body can use. Your body converts the excess and unused calories into triglycerides and stores them in your body.

HOW TO FIND OUT IF YOU HAVE HIGH CHOLESTEROL?

A blood test will give you results for total cholesterol, HDL, LDL, and triglycerides.

WHAT DO MY NUMBERS MEAN?

	Total Cholesterol (all cholesterol in the blood including HDL and LDL)	HDL	LDL	Triglycerides
High Risk for Cholesterol and Heart Disease	≥ 240 mg/dl	≤ 39 mg/dl	≥ 160 mg/dl	≥ 200 mg/dl
Borderline at Risk	200-239 mg/dl	40-59 mg/dl	130-159 mg/dl	150-199 mg/dl
Desirable	≤ 199 mg/dl	≥ 60 mg/dl	≤ 129 mg/dl	≤ 149 mg/dl

WHAT PUTS YOU AT RISK FOR HIGH CHOLESTEROL?

- Smoking.
- High blood pressure.
- Low HDL.
- Family history of heart disease.
- Family history of high cholesterol.
- Age (men over 45 years old and women over 55 years old).
- Being overweight.
- Inactivity.
- Eating a high fat diet.

HOW TO CONTROL YOUR CHOLESTEROL?

- Stop smoking if you smoke (not smoking improves your HDL).
- Monitor your blood pressure.
- Be active: Exercise for at least 30 minutes each day.
- Lose weight: Exercise and eat food with less fat.
- Eat high fiber foods such as fruits and vegetables, whole grains and beans.
- Eat low fat foods such as skinless chicken, lean meats, fish, skimmed cheese, skimmed milk.
- Drink less alcohol (Too much alcohol can lead to stroke, heart failure, and high blood pressure).
- Eat foods and drink beverages with less sugar.
- Bake, broil, grill, or roast foods rather than frying.