

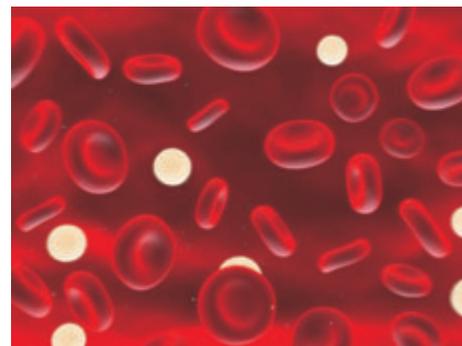


Understanding your cholesterol numbers

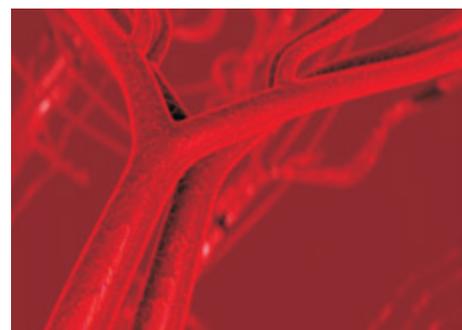
Check Out the Facts. Know Your Numbers. It Could Save Your Life.

What Is Cholesterol?

Everybody has cholesterol. Cholesterol is a soft, fat-like substance found in your blood and body's cells.



Your body uses cholesterol to protect nerves, make cell tissues, and make certain hormones. **Ask your doctor to explain the facts about cholesterol.**



More About Cholesterol



Too much cholesterol in the food you eat can be bad for your health. Foods high in cholesterol are eggs, meats, and dairy products, such as cheese and milk.



When blood cannot reach your heart or brain because it is slowed down or clogged by cholesterol, **you may suffer chest pain, a heart attack, or a stroke.**

Stroke can leave you disabled or in a wheelchair. **Stroke can happen at any age.** Heart attacks are happening to younger and younger people. **Cholesterol is a big risk factor.**



The Good and the Bad of Cholesterol



There is **GOOD (HDL) cholesterol** to protect you. It may lessen your risk of heart attack. **A healthy diet and exercise raises good cholesterol.** Foods with good cholesterol are avocados, almonds, olive oil, and nuts.



There is **BAD (LDL) cholesterol** like **bacon, hotdogs, ribs, bologna, pork, beef, and fried chicken.** Fried foods and some canned foods also cause the body to make bad cholesterol.



Foods that don't have any cholesterol are fruits, vegetables, cereals, and whole grains, like cheerios and oats. Avoid processed foods and trans fats, even if you are not overweight.



How Can I Check My Cholesterol?



A simple blood test can check your cholesterol. This blood test will show **your cholesterol number, your HDL number, and your LDL number**. Go to your doctor or your community health clinic at least once a year to get your cholesterol tested.

Men aged 35 and older and women aged 45 and older should have their cholesterol checked every year. Having bad cholesterol can happen at any age.



Total Cholesterol	HDL (Good) Cholesterol	LDL (Bad) Cholesterol
<p>★ Less than 200 is best.</p> <ul style="list-style-type: none">• 200 to 239 is almost too high.• 240 or more is too high. It means you have a good chance of having a heart attack or stroke.	<p>★ 60 or higher is best.</p> <ul style="list-style-type: none">• Less than 40 is too low.	<p>★ Below 100 is best.</p> <ul style="list-style-type: none">• 100 to 129 is good.• 130 to 159 is almost too high.• 160 or more is too high. It means you have a good chance of having a heart attack or stroke.

Can I take medicine to lower my cholesterol?

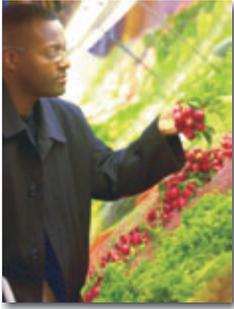


Your doctor may give you medicine to lower your cholesterol. Follow the directions carefully. Make sure your doctor knows all the medicines you are taking now, so they don't work against each other.

Go to your doctor or your community health clinic to get your blood test for cholesterol so you can **KNOW YOUR NUMBERS**.

Take Control of Your Cholesterol

If your good cholesterol is too low, you can fix your cholesterol by making healthy changes to your lifestyle. Raise your good cholesterol by:



- Eating more **fruits and vegetables**, at least five servings a day—and less fatty foods.



- Eating fish, poultry without skin, and **leaner cuts of meat**, instead of fatty ones.



- Baking and grilling**, instead of frying chicken, fish, okra, or green tomatoes.



- Dancing, walking, jogging, or **exercising** 30-60 minutes a day.



- Eating six or more servings of **whole-grain** cereals, breads, and pasta.



- Using **1% or fat-free dairy** products, rather than whole-milk dairy products.



- Maintaining a **healthy weight**.



- Stopping smoking.** Smoking is one of the greatest risk factors for heart disease and stroke.

Start WITH YOUR Heart
Justus-Warren Heart Disease & Stroke Prevention Task Force

KNOW YOUR NUMBERS. Talk to your doctor, family, and friends to help support your healthy lifestyle. To learn more, visit www.startwithyourheart.com.