



Cholesterol Awareness

September is National Cholesterol Education Month

Cholesterol is a waxy substance that your body uses to protect nerves, make cell tissues, and produce certain hormones.



Most of the cholesterol your body needs is made by your liver - some comes from the foods you eat.



There is "good" cholesterol and "bad" cholesterol.

Too much "bad" cholesterol increases your risk for heart attack, heart disease, stroke and other cardiovascular diseases.



Changing your diet is often the most effective way to lower or maintain your cholesterol level.



Eat more fiber

Soluble fiber lowers cholesterol

Eat less fat

Limit fat to less than 1/3 of your total calories

Eat less cholesterol

Limit eggs and meat from all animals

Eat more starches

Complex carbohydrates dilute the fat you eat

Drink less caffeine/alcohol

No more than two (cups of coffee/drinks) per day.



Watch your weight
Exercise regularly



Cholesterol Screening - If your total cholesterol level is.....

Less than 200

"Desirable"

HDL

Should be 35+

200-239

"Borderline High"

LDL

Should be under 130

240 or higher

"High"

VLDL

Usually less than 39



Reduce stress in your life
Follow up with your doctor



Stop smoking
Control high blood pressure

