

Taking Care of Your Cholesterol

Cholesterol is a **soft, fatty substance** found in your body's cells and blood. Your body needs some cholesterol to be healthy. But if you have **too much** cholesterol in your blood, it can join up with other fats to **clog** the arteries.

A. Arteries are like pipes that carry oxygen-rich blood to every part of your body, including your heart and brain.



B. If an artery in your brain gets clogged with cholesterol, it can reduce blood flow in that area and cause a stroke. If the same thing happens in your heart, it is a heart attack.

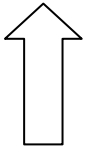


There are actually **2** different kinds of cholesterol in your body. A simple blood test can measure each kind.

▪ **HDL cholesterol** is “good” cholesterol: 😊



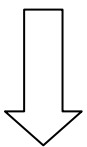
- It carries extra cholesterol in your blood back to the liver so it will not form clogs in your arteries.
- Remember, **HDL** starts with an **H** – so you want your level **HIGH!**
- At 60 and above is best.
- MY HDL number _____



▪ **LDL cholesterol** is “bad” cholesterol: 😞



- It builds up in your arteries, causing clogs.
- Remember, **LDL** starts with an **L** – so you want your level to be **LOW!**
- Below 100 is best.
- MY LDL number _____



▪ **Total cholesterol** is your HDL cholesterol number + your LDL cholesterol number:

- Less than 200 is best.
- MY TOTAL CHOLESTEROL number _____

Strokes and heart attacks are very serious health problems. You can work with your health care provider to lower your cholesterol and prevent these problems. Your options:

- 1) Stop smoking  2) Medication  3) Healthy diet  4) Physical activity 

1) STOP SMOKING



Quitting smoking will help your cholesterol numbers and may also reduce your risks for heart disease, stroke, and cancer.

Would you like to be a non-smoker? Call (502) 772-8588 or (800) QUIT NOW for more information about how to stop smoking.

2) MEDICATION

Medications can improve your cholesterol in several ways:

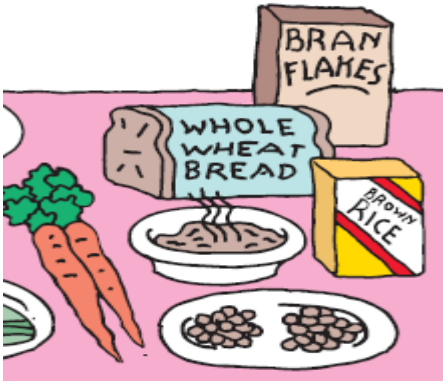
- Decrease your LDL number ("bad" cholesterol)
- Increase your HDL number ("good" cholesterol)
- Decrease your triglycerides (another fat that increases the risk of clogged arteries)



Always take medicines as directed. You may not feel any effects of your cholesterol medicine even when it is working – but keep taking it! Ask your health care provider if you have questions about your medicine.

3) HEALTHY DIET

Eating heart-healthy foods can help lower your cholesterol.



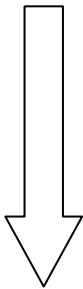
Eat more of these foods:

- Fruits and Vegetables
- Low fat or fat free cheeses and milk
- Fish
- Lean cuts of meat; turkey and chicken with no skin
- Cereals, pasta, lentils, beans
- Corn tortillas, whole grain breads



Cut back on these high-fat foods:

- Whole milk
- Creams and ice creams
- High-fat cheeses
- Butter
- Fatty cuts of meat
- Sausages, hot dogs, bologna
- Liver, kidneys, and other organ meats
- Egg yolks
- Lard, coconut, palm, palm kernel oil



4) PHYSICAL ACTIVITY



Try for 30 minutes of activity on most days. Talk with your health care provider about a safe exercise routine.

Call (502) 772-8588 for information about low-cost exercise classes.

