

What is Cholesterol?

Cholesterol (kuh-les-tuh-rawl) is a type of fat found in your blood. Your liver makes cholesterol for your body. You also can get cholesterol by eating foods that contain fat:

meat, fish, eggs, butter, cheese and whole milk

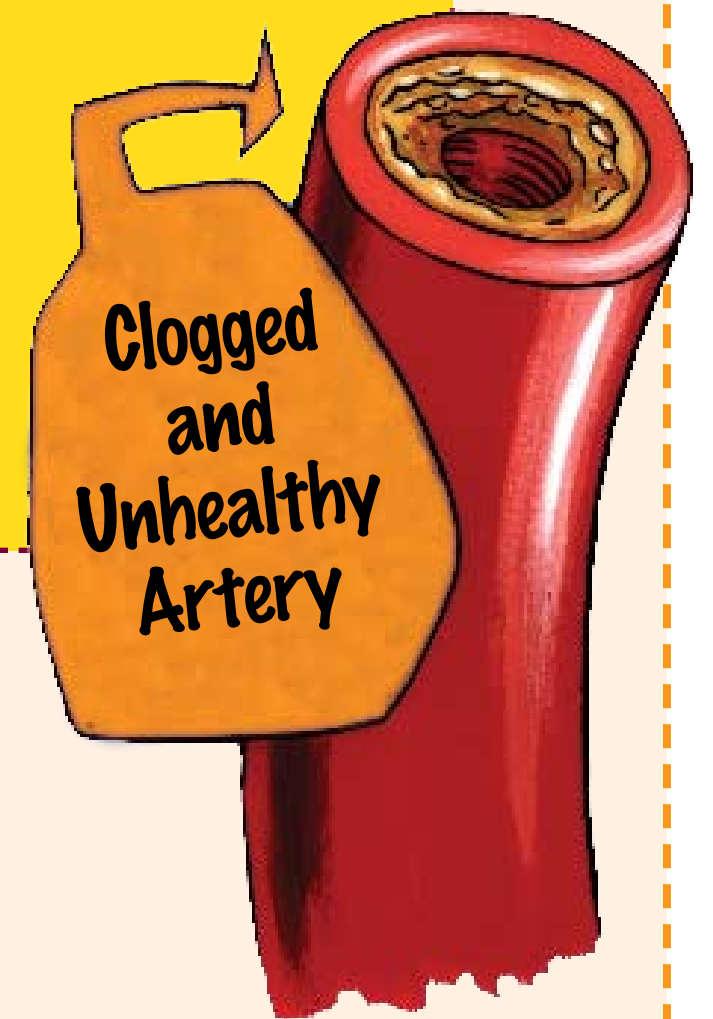
You need cholesterol to help your brain, skin and other organs grow and do their jobs in the body. But having too much of it can cause problems.

**Healthy
and
Clean Artery**



Think of the blood vessels in your body like pipes in your house. If you have too much cholesterol in your blood, it can collect in the blood vessel walls, causing these "pipes" to become narrower. This can clog the blood vessels and keep blood from moving freely throughout your body.

**Clogged
and
Unhealthy
Artery**



Over many years, if the clogging gets worse, it can cause a heart attack or stroke. Your doctor can find out what your cholesterol level is by taking a little of your blood and testing it.



**Eat a good diet
for healthy arteries.**