

HOW TO CONTROL CHOLESTEROL



1 UNDERSTAND CHOLESTEROL

Cholesterol is a fat-like substance that comes from two sources: **food** and **body**.

It is found in foods from animal sources only.

It travels in the body by lipoproteins (LDL and HDL).



HDL = good

High-density lipoprotein is known as "good" cholesterol.¹



LDL = bad

Low-density lipoprotein is known as "bad" cholesterol.²



HDL helps keep LDL from sticking to artery walls and reduces plaque build up. This process can lower the risk of heart disease and stroke.

Triglycerides

The most common type of fat in the body.³

Total Cholesterol

$HDL + LDL + 1/5\text{th of triglyceride level} = \text{total cholesterol level.}^4$

2 TRACK LEVELS



A medical provider can measure blood cholesterol.



Track cholesterol levels with a personal at-home chart.

1. http://www.heart.org/HEARTORG/Encyclopedia/Heart-Encyclopedia_UCM_445084_Encyclopedia.jsp?levelSelected=5&title=HDL

2. http://www.heart.org/HEARTORG/Encyclopedia/Heart-Encyclopedia_UCM_445084_Encyclopedia.jsp?levelSelected=5&title=LDL

3. http://www.heart.org/HEARTORG/Conditions/Cholesterol/AboutCholesterol/What-Your-Cholesterol-Levels-Mean_UCM_305562_Article.jsp#WCIzv0rLUJ

4. Third report of the national cholesterol education program (NCEP) expert panel on detection, evaluation, and treatment of high blood cholesterol in adults (adult treatment panel III) final report. *Circulation*. 2002;106(25):3333.

5. Warburton DE, Nicol CW, Bredin SS. Health benefits of physical activity: The evidence. *CMAJ*. 2006;174(6):806

6. Third report of the national cholesterol education program (NCEP) expert panel on detection, evaluation, and treatment of high blood cholesterol in adults (adult treatment panel III) final report. *Circulation*. 2002;106(25):3259-3260.

3 TIPS FOR SUCCESS



EAT BETTER

Eat a diet rich in fruits, vegetables, whole grains, low-fat dairy products, poultry, fish and nuts. Limit sugary foods and drinks, fatty or processed meats, and salt.



GET ACTIVE

Physical activity not only helps control cholesterol but also weight, blood pressure and stress levels.⁵



KNOW YOUR FATS

The fats you eat can affect your cholesterol levels. Replace saturated and trans fats with healthier monounsaturated and polyunsaturated fats.⁶



TAKE MEDICATION AS DIRECTED

The best way to reach treatment goals and enjoy the benefits of better health is to follow a medical provider's advice.⁷



QUIT SMOKING

If an individual smokes, high cholesterol is another good reason to quit. And everyone should avoid exposure to secondhand smoke.

