

Name: \_\_\_\_\_

Whom to Call: \_\_\_\_\_

CV1042A

## What Is High Cholesterol?

The higher your **blood cholesterol**, the greater your risk for heart attack or stroke. That's why you need to know your cholesterol level. If it's high, you can take steps to bring it down. Eating the right foods and getting enough exercise can help. Some people also need medication to control their cholesterol.

**Tip:** Eat less fat, eat more fiber, and be more active to help control your high cholesterol.

### Why Is High Cholesterol a Problem?

Blood cholesterol is a fatty substance that travels through the bloodstream. When blood cholesterol is high, it forms plaque. The plaque builds up within the walls of arteries (blood vessels that carry blood from the heart to the body). This narrows the opening for blood flow. Over time, this can lead to coronary artery disease, heart attack, or stroke.

### What Your Cholesterol Numbers Mean

**Total cholesterol:** This number includes **LDL** and **HDL** cholesterol, as well as other fats in the bloodstream. Total cholesterol should be lower than 200.

My total cholesterol is: \_\_\_\_\_

**LDL:** This is sometimes called “bad” cholesterol because it builds up within artery walls. For people with heart disease, LDL cholesterol should be lower than 100.

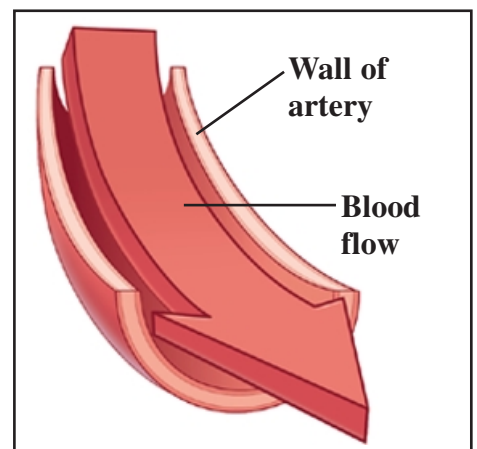
My LDL cholesterol is: \_\_\_\_\_

**HDL:** This is sometimes called “good” cholesterol because it helps remove LDL cholesterol from the bloodstream. HDL cholesterol should be 40 or higher.

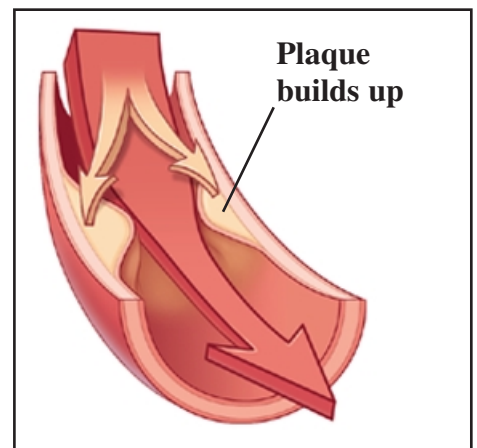
My HDL cholesterol is: \_\_\_\_\_

Along with cholesterol, **triglyceride** (another type of fat) can also lead to blocked arteries. Triglyceride should be lower than 150.

My triglyceride is: \_\_\_\_\_



**Blood flows easily when the arteries are clear.**



**Less blood flows when cholesterol forms plaque in the arteries.**

### Notes