

Control Cholesterol



- Cholesterol is a soft fat-like, waxy substance found in the blood stream and in all your body's cells. Cholesterol comes from two sources: your body and food. Your liver and other cells in your body make about 75% of blood cholesterol. The other 25% comes from the foods you eat. Saturated fats, trans fats and cholesterol you eat may raise your blood cholesterol level. Many people inherit genes that cause them to make too much cholesterol.
 - Too much cholesterol in the blood increases your risk for heart disease and stroke. This happens because cholesterol and other fats can build up in the walls of arteries, narrowing the channel where the blood flows. If a narrowed artery gets blocked by a blood clot or other particle, the heart or brain loses its blood supply, resulting in a heart attack or stroke.
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Week 7

Understanding Cholesterol

The good, the bad and the ugly

- **Total Cholesterol:** Your total cholesterol is a measure that includes both the LDL (bad) cholesterol and HDL (good) cholesterol in your blood. Your total cholesterol number represents the general risk of developing heart disease.
 - **HDL (Good cholesterol):** HDL stands for high-density lipoprotein. HDL is "good" cholesterol because it seems to lower your risk of heart attack and stroke. Unlike other cholesterol levels, the higher your HDL, the better.
 - **LDL (Bad cholesterol):** LDL stands for low-density lipoprotein. This is the main carrier of harmful cholesterol in your blood. A high level of LDL cholesterol means there's a higher risk of heart disease and stroke.
 - **Triglycerides:** triglycerides are the most common type of fat in your body. They're also a major energy source. They come from food, and your body also makes them. As people get older, gain excess weight or both, their triglyceride levels tend to rise.
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Numbers are Important

- Total Cholesterol Goal
 - Less than 200mg/dl
 - HDL Goal
 - 50 mg/dl or higher
 - LDL Goals:
 - Less than 100mg/dl = Optimal for people with heart disease or diabetes
 - Less than 130mg/dl for all others
 - Triglycerides Goal:
 - Less than 150mg/dl
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Week 7

Tips for Lowering Cholesterol

- Cut down on foods high in saturated fat and cholesterol like fatty meats, butter, and full-fat dairy products
 - Avoid foods with Trans fats (processed foods)
 - Enjoy at least 30 minutes of physical activity on most or all days of the week
 - Eat more foods low in saturated fat and cholesterol, and high in fiber
 - Lose weight if you need to
 - Take your medications if prescribed by your doctor
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