High Blood Cholesterol

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What's your cholesterol?

DEPARTMENT OF HEALTH

Why is cholesterol important?

Cholesterol is a waxy, fat like substance or lipid that your body needs. When you have too much cholesterol in your blood, it can build up on your artery walls and narrow or eventually block the opening of blood vessels. This can put you at risk for heart disease and stroke.

What is a lipid profile?

A lipid profile (also known as a lipid panel) is a blood test that measures your cholesterol, LDL cholesterol, HDL cholesterol, and triglycerides.

LDL cholesterol is considered "bad" cholesterol because it contributes to plaque that can build up in the walls of your arteries, making them hard and narrow. This increases your risk for heart disease and stroke.

HDL cholesterol is considered "good" cholesterol because it helps remove LDL cholesterol from the arteries.

Triglycerides, in excess, can contribute to thickening of the artery walls which increases your risk for heart disease and stroke.

What are healthy lipid levels?

Total Cholesterol: Less than 200 mg/dL
LDL (Bad) Cholesterol: Less than100 mg/dL
HDL (Good) Cholesterol: 60 mg/dL or higher
Triglycerides: Less than 150 mg/dL

What can I do to lower my cholesterol?

- ❤ Eat a Heart Healthy Diet
- ❤ Maintain a Healthy Weight
- ❤ Move More
- ❤ Don't Smoke

Lifestyle changes are your first line of defense against high cholesterol. If your cholesterol levels remain high, your doctor may recommend cholesterol lowering medication.

Talk to your doctor or healthcare provider

Ask your doctor about having your lipid levels checked. You can also go to a clinic to get your numbers. Find a clinic near you at: **health.westchestergov.com/community-health-centers**

Use this wallet card to log your lipid profile and other important numbers.

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	Ideal	My Numbers	My Numbers
Date	Ex: mm/dd/yyyy	/ /	/ /
Blood Pressure	< 120/< 80		
Blood Sugar	< 100		
Total Cholesterol	< 200		
LDL (Bad) Cholesterol	<100		
HDL (Good) Cholesterol	$\geq$ 60		
Triglycerides	< 150		
Waist Size	Men<40" Women<35"		
Exercise at least 30 minutes/day, 5 days/week to help maintain good numbers.			