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Westchester  
County

George Latimer, County Executive  
Sherlita Amler, MD, Commissioner  
Department of Health



# Cholesterol

Know Your Numbers

# The Department of Health Cares...

## Know Your Cholesterol

Cholesterol is a waxy, fat like substance that your body needs. When you have too much cholesterol in your blood, it can build up on your artery walls. Too much cholesterol puts you at risk for heart disease and stroke.

There are no signs or symptoms of high cholesterol. Getting your cholesterol checked with a simple blood test is the only way to know if you are at higher risk for heart disease.

## What is a Lipid Profile

A lipid profile (also known as a lipid panel) is a blood test that measures your cholesterol, low-density lipoprotein (LDL) cholesterol, high-density lipoprotein (HDL) cholesterol, and triglycerides. LDL cholesterol and HDL cholesterol, along with one fifth of your triglyceride level, make up your total cholesterol count.

## LDL Cholesterol

LDL cholesterol is considered “bad” cholesterol because it contributes to plaque. Plaque is a thick, hard deposit that builds up in the walls of your arteries, making them hard and narrow.

## HDL Cholesterol

HDL cholesterol is considered “good” cholesterol because it helps remove LDL cholesterol from the arteries. HDL picks up excess cholesterol and takes it back to your liver where it is broken down and passed from the body.

## Triglycerides

High triglycerides can contribute to hardening of the arteries or thickening of the artery walls. This increases your risk of stroke, heart attack and heart disease.

## Healthy Lipid Levels

Total Cholesterol: Less than 200 mg/dL  
LDL (Bad) Cholesterol: Less than 100 mg/dL  
HDL (Good) Cholesterol: 60 mg/dL or higher  
Triglycerides: Less than 150 mg/dL

## Simple Steps to Lower Cholesterol

### *Eat Healthy*

Eat a diet that regularly includes a variety of healthy foods such fruits, vegetables, whole grains, lean protein and low-fat or fat-free dairy.

### *Maintain a Healthy Weight*

If you're overweight, losing even a few pounds can make a difference in your cholesterol levels.

### *Be Active*

Aim for 2.5 hours of moderately intense physical activity each week to help control your weight and lower your cholesterol levels.

### *Don't Smoke*

If you need help quitting, visit our website for free and low-cost smoking cessation resources at [health.westchestergov.com/tobacco/need-help-quitting](http://health.westchestergov.com/tobacco/need-help-quitting)

Lifestyle changes are the first line of defense against high cholesterol. If you've made these important lifestyle changes and your cholesterol levels still remain high, your doctor may recommend cholesterol lowering medication.

## Talk to Your Health Care Provider

Ask your health care provider about having your cholesterol screened, as well as measuring your other health numbers like blood pressure and blood sugar. Cut out the wallet sized card below and keep it with you so that you can know your numbers.



Use this wallet card to log your blood sugar and other numbers.

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