

# 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.<sup>1</sup>



### LDL = bad

Low-density lipoprotein is known as "bad" cholesterol.<sup>2</sup>



*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.<sup>3</sup>

### 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](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](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](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.<sup>5</sup>



### KNOW YOUR FATS

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



### 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.<sup>7</sup>



### QUIT SMOKING

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

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