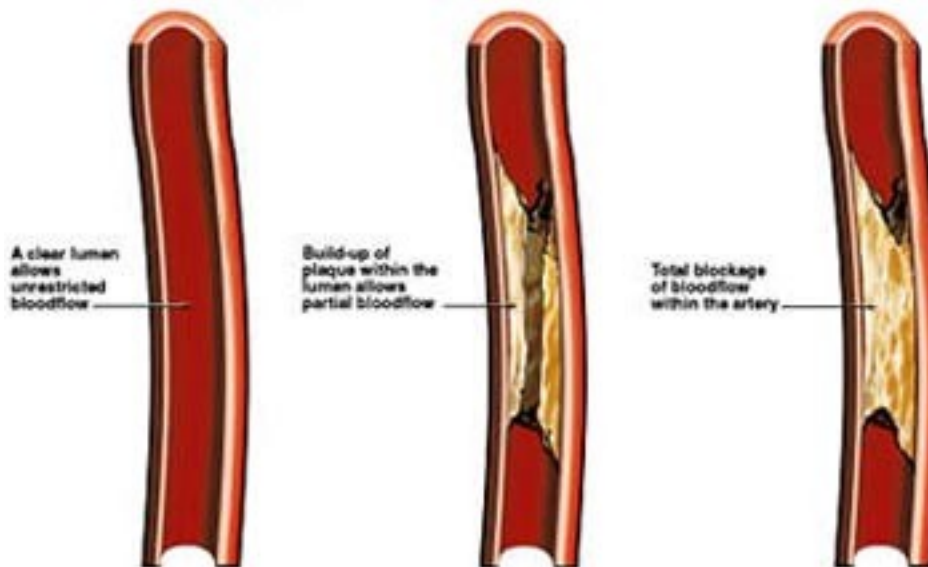


## ♥ Health Minute

Know your numbers...

Participating in your health care is an important component of heart health. Knowing your blood cholesterol level helps you to understand if you are at risk for heart disease or stroke. Today you need to know more than your total cholesterol. You also need to know your HDL (good) cholesterol and LDL (bad) cholesterol numbers. Once you know your numbers, talk with your doctor about what your cholesterol goals are and what you can do to achieve them. Diet and lifestyle are important but cholesterol medications may also be appropriate. Whatever your goal is, your heart will thank you for reaching it!



### **Cholesterol- lowering lifestyle**

- ♥ If you smoke, quit.
- ♥ Read food labels – eliminate foods high in cholesterol and trans fats
- ♥ Perform 30 to 60 minutes of physical activity most days of the week



If you have fewer than 2 risk factors for heart disease, your goal is less than 130

### **Perils of high cholesterol**

- ♥ High blood levels of cholesterol can increase your risk of atherosclerosis (buildup of plaque in artery walls)
- ♥ Atherosclerosis can lead to heart attack and/or stroke



If you have 2 or more risk factors for heart disease or are diabetic your goal is less than 100 (sometimes less than 70)