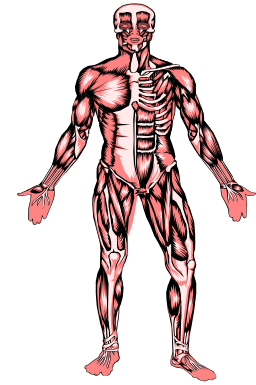


# ABCs of Health



## Cholesterol AWARENESS...

Do you have high blood cholesterol? High blood cholesterol is one of the **major risk** factors for heart disease. Your body makes all the blood cholesterol it needs. Eating foods high in fat and cholesterol can make your blood cholesterol higher than it should be.

Without treatment, **high blood cholesterol** can lead to:

- ◆ Heart Disease
- ◆ Heart Attack
- ◆ Brain Attack (Stroke)
- ◆ Death



Be aware of the **Risks** for high blood cholesterol:

- ◆ Having a parent, brother, or sister with high blood cholesterol.
- ◆ Having diabetes or high blood sugar.
- ◆ Being overweight.
- ◆ Smoking.
- ◆ High blood pressure (140/90 or higher or blood pressure medication).
- ◆ Being a man ages 35 to 65. Your doctor may recommend the test before 35 or after 65 depending on your risk\*
- ◆ Being a woman past menopause or age 45 to 65. Your doctor may recommend the test before 45 or after 65 depending on your risk\*
- ◆ Eating a high fat diet.



## BEHAVIOR...

- ◆ Everyone age 20 or older should have their cholesterol measured once every 5 years\*\*
- ◆ Ask your doctor to recommend the frequency for tests depending on your risks or previous test results\*



### If you're overweight, lose some weight

- ◆ A weight loss of 5 to 10 pounds can lower your cholesterol and your risk of heart disease.
- ◆ Losing weight if you are overweight can help lower your cholesterol and is especially important for those with a cluster of risk factors that include high triglyceride and or low HDL levels and being overweight with a large waist measurement (more than 40 inches for men and more than 30 inches for women)\*\*

## CHANGE...

### Eat less fat

- ◆ Eat more fish, chicken, and turkey and fewer fatty meats in general.
- ◆ Try not to fry foods, but bake or roast instead.
- ◆ Eat at least five servings of fruits and vegetables every day.
- ◆ Eat bread or tortillas with little butter or margarine.
- ◆ Eat fewer of these foods: Mayonnaise, chips, donuts, and cakes.



### Be more active every day

- ◆ Take the stairs instead of the elevator.
- ◆ Play with your children.
- ◆ Try a new activity such as swimming or walking.
- ◆ Walk instead of driving when you can.
- ◆ Regular physical activity (30 minutes on most if not all days) is recommended for everyone.

\*US Preventive Services Task Force recommendation

\*\*National Heart, Lung, and Blood Institute

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