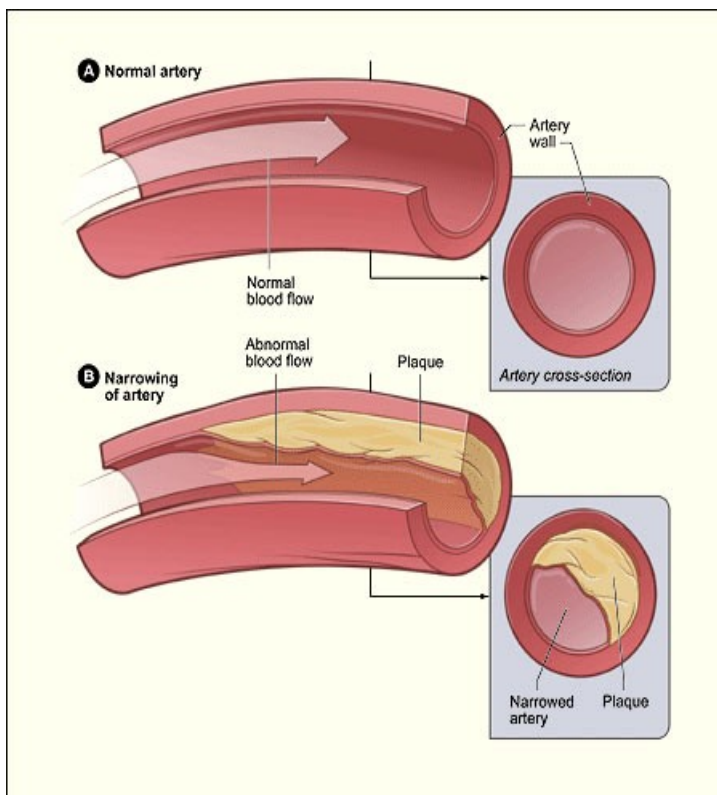


# Cholesterol



This presentation will describe what it means to have high cholesterol, how to interpret your lipid panel, and how to manage high cholesterol through diet and exercise. (20-30 minutes)

**FOR PRESENTATION INFORMATION  
CONTACT: 376-3939 or AHEW@rl.gov**

Other useful links:

[www.nhlbi.nih.gov/health/infoctr/index.htm](http://www.nhlbi.nih.gov/health/infoctr/index.htm)

[www.4women.gov/faq/cholesterol.htm](http://www.4women.gov/faq/cholesterol.htm)



Hanford Occupational Health Services