

# Healthy Living tips













### **Cholesterol Education**

We've all heard the saying, too much of anything can be bad for you. The same is true for cholesterol levels. Your body produces all the cholesterol it needs, but your diet can push cholesterol to dangerous levels which put you at risk for heart disease.





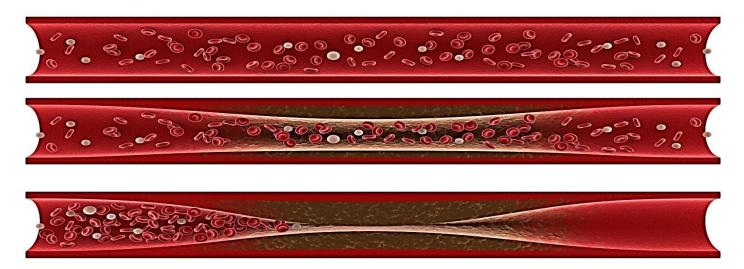


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## Keep Cholesterol Levels in Check

Cholesterol is a waxy, fat-like substance produced by the body, and found in many foods. Over time, too much cholesterol in the blood causes a buildup known as plaque in the artery walls. Eventually, plaque causes arteries to harden and become narrow which slows or blocks blood flow to the heart.







#### What do Cholesterol Numbers Mean

The Centers for Disease Control and Prevention recommend having a blood test called a "Lipoprotein Profile" to find out cholesterol numbers.

The test will outline your:



Total Cholesterol
Low Density Lipoprotein- LDL "bad" cholesterol
High Density Lipoprotein- HDL "good" cholesterol
Triglycerides



## How to Treat High Cholesterol

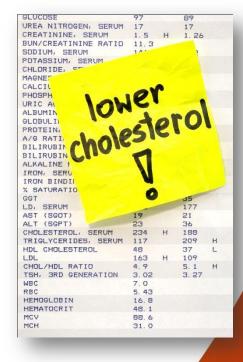
Treatment for high cholesterol can be prescription medication and/or lifestyle changes. There are several drugs available to lower cholesterol.

You can maintain lower cholesterol levels with easy lifestyle

changes:



Eat a healthy diet
Keep a healthy weight
Exercise regularly
Don't smoke
Treat high cholesterol





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#### Resources

If you're looking for more information on how to lower cholesterol, there are plenty of resources to help you get started. Visit the following websites to be proactive and keep your cholesterol levels in check!

To learn more on TRICARE cholesterol testing coverage visit <a href="https://www.tricare.mil/coveredservices">www.tricare.mil/coveredservices</a>.

The Centers for Disease Control and Prevention offer information on understanding the risks associated with high cholesterol at <a href="https://www.cdc.gov/cholesterol">www.cdc.gov/cholesterol</a>.

The American Heart Association offers information on what cholesterol levels mean, go to <a href="https://www.heart.org/cholesterol">www.heart.org/cholesterol</a>



