



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.



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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



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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

GLUCOSE	97	89
UREA NITROGEN, SERUM	17	17
CREATININE, SERUM	1.5	H 1.26
BUN/CREATININE RATIO	11.3	
SODIUM, SERUM	141	
POTASSIUM, SERUM		
CHLORIDE, SERUM		
MAGNESIUM, SERUM		
CALCIUM, SERUM		
PHOSPHORUS, SERUM		
URIC ACID, SERUM		
ALBUMIN, SERUM		
GLOBULIN, SERUM		
PROTEIN, SERUM		
A/G RATIO		
BILIRUBIN, TOTAL		
BILIRUBIN, DIRECT		
ALKALINE PHOSPHATASE, SERUM		
IRON, SERUM		
IRON BINDING CAPACITY, SERUM		
% SATURATION		
GGT		35
LDL, SERUM		177
AST (SGOT)	19	21
ALT (SGPT)	23	36
CHOLESTEROL, SERUM	234	H 188
TRIGLYCERIDES, SERUM	117	209 H
HDL CHOLESTEROL	48	37 L
LDL	163	H 109
CHOL/HDL RATIO	4.9	5.1 H
TSH, 3RD GENERATION	3.02	3.27
WBC	7.0	
RBC	5.43	
HEMOGLOBIN	16.8	
HEMATOCRIT	48.1	
MCV	88.6	
MCH	31.0	

lower 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 www.tricare.mil/coveredservices.

The Centers for Disease Control and Prevention offer information on understanding the risks associated with high cholesterol at www.cdc.gov/cholesterol.

The American Heart Association offers information on what cholesterol levels mean, go to www.heart.org/cholesterol



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