



## 2016 Education Series

# Cholesterol

The goal of the "HealthyYou, HealthyUs" **Education Series** is to provide information on different topics and health conditions. It is important to understand “what” is going on in order to make powerful lifestyle changes and reach the level of health you desire.



### *What is Cholesterol?*

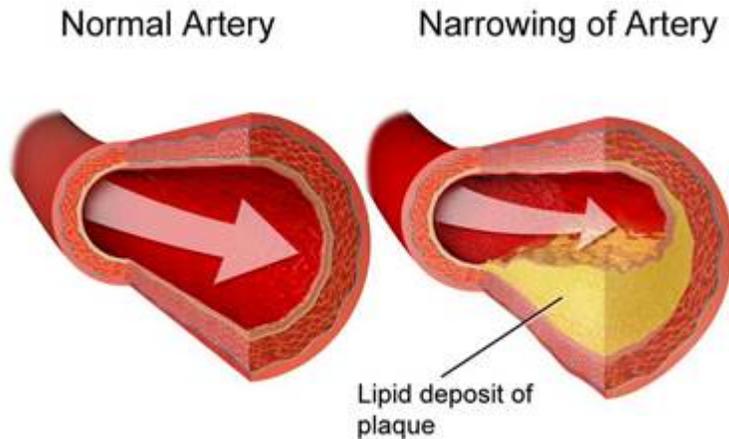
Cholesterol is a fat-like substance made in the liver. It is also found in the animal products we consume. There are different types of cholesterol.\*

- **LDL** is considered the "**bad**" cholesterol. It can raise the risk of heart disease, heart attack, and stroke.
- **HDL** is considered the "**good**" cholesterol. It is linked to a lower risk of heart disease, heart attack, and stroke.

**LDL** cholesterol travels through the bloodstream delivering cholesterol to the cells. If the body has too much LDL, it can build up in the walls of the arteries. LDL and other substances in the artery wall form a fatty deposit called plaque. Over time, plaque can narrow the artery and reduce blood flow.

**HDL** cholesterol helps remove excess LDL cholesterol from tissues, arteries and plaque build-up in the blood vessels. HDL returns the excess cholesterol to the liver which then removes it from the body.

**Triglycerides** is another type of fat found in the blood. When eating, the body converts calories not used into triglycerides. Triglycerides are then stored in fat cells and are released between meals for energy. If the “energy” is not used through exercise, movement and so on, the fat will store and can increase the risk of heart attack, stroke and obesity in the long run.



### *What is High Cholesterol?*

<b>National Cholesterol Education Program Cholesterol Guidelines</b>			
	<b>Desirable</b>	<b>Borderline High</b>	<b>High</b>
<b>Total Cholesterol</b>	<b>Less than 200</b>	<b>200 - 239</b>	<b>240 and higher</b>
<b>LDL Cholesterol</b> (the "bad" cholesterol)	<b>Less than 130</b>	<b>130 - 159</b>	<b>160 and higher</b>
<b>HDL Cholesterol</b> (the "good" cholesterol)	<b>50 and higher</b>	<b>40 - 49</b>	<b>Less than 40</b>
<b>Triglycerides</b>	<b>Less than 200</b>	<b>200 - 399</b>	<b>400 and higher</b>

### **Why Is Cholesterol Important?**

Cholesterol is required for the normal function of cells and it is present in **every** cell of the body. It is needed for:

- Producing cell membranes
- Producing hormones- progesterone, cortisol, estrogen and testosterone
- Vitamin D
- Bile acids that help digest fat
- Neurological function and formation of memories

\*<http://www.nhlbi.nih.gov/health/resources/heart/heart-cholesterol-hbc-what.html>

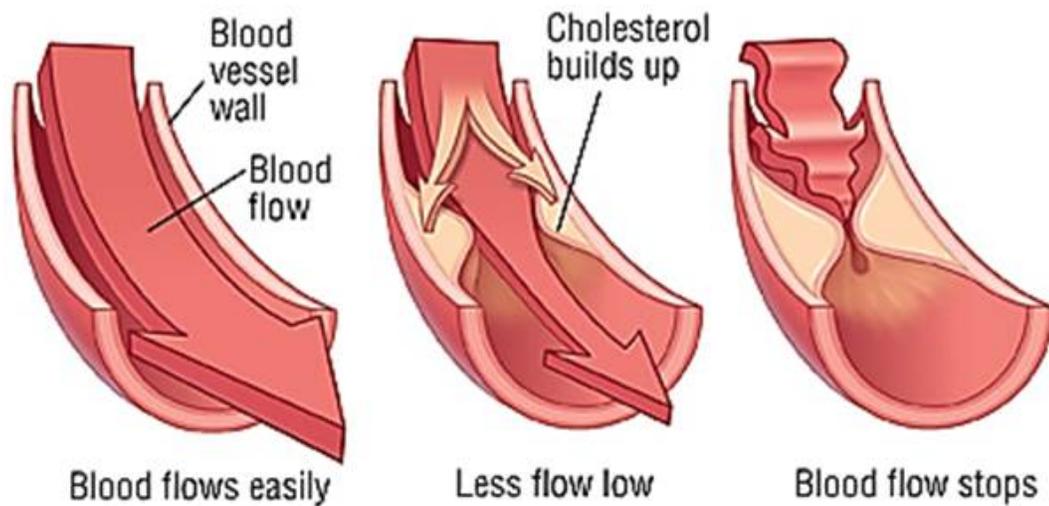
\* <http://www.mayoclinic.org/diseases-conditions/high-blood-cholesterol/home/ovc-20181871>

## *Effects of High Cholesterol*

If cholesterol levels are consistently higher than normal values, it can lead to a build-up of LDL cholesterol in the lining of the arterial walls. This fatty deposit is known as plaque.

Over time, plaque can cause narrowing of the arteries and leads to a condition known as **atherosclerosis**. Atherosclerosis is a progressive hardening and narrowing of the arteries due to plaque buildup. Increases risk of:

- Heart disease
- Arrhythmias - an irregular heart beat
- Heart attack
- Stroke
- Peripheral artery disease
- High blood pressure



<http://cholesterol.emedtv.com/high-cholesterol/effects-of-high-cholesterol.html>

## *5 Tips to Lowering LDL Cholesterol Naturally!*

The American Heart Association recommends regular medical checkups and lifestyle changes in order to lower LDL, Triglycerides and raise HDL cholesterol!



1. **Limit foods that contain an excess of saturated/trans fats and dietary cholesterol.**
  - Butter, red meat, full and low-fat dairy and processed/boxed foods
2. **Eat more fiber-rich foods**
  - Include oats, potatoes, legumes, fruits and dark green leafy vegetables
3. **Choose protein-rich plant foods over red meat.**
  - Include green leafy vegetables, grains, beans, nuts and seeds.
4. **Move more, shed extra pounds**
  - Exercising and letting go of excess weight is beneficial for improving overall health and preventing diseases.
5. **Avoid fast foods**
  - Fast foods are laden with cholesterol, sodium, sugar and calories. Avoid or minimize in order to keep LDL cholesterol in check.



[\\*https://www.pritikin.com/your-health/health-benefits/lower-cholesterol/1468-7-tips-for-improving-your-ldl-cholesterol.html](https://www.pritikin.com/your-health/health-benefits/lower-cholesterol/1468-7-tips-for-improving-your-ldl-cholesterol.html)

*Thank You!*

**“Healthy You, Healthy Us”  
CFH Wellness Program**

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*“Be Your Super Hero” 2016  
If not now, when?*

