

Lowering Your Cholesterol

Patient Information	
<p>What is cholesterol</p>	<ul style="list-style-type: none"> • Cholesterol is a fatty material that is found in all the cells of your body. • We need cholesterol to make hormones, vitamin D, and other things that help you to digest food. • Your body makes all the cholesterol you need, but we also take in more by eating foods from animal sources (e.g. eggs, meat, cheese, etc.)
<p>Why does my cholesterol level matter</p>	<ul style="list-style-type: none"> • Arteries are blood vessels that carry blood and oxygen to your body, including your heart. Arteries that supply the heart with blood and oxygen are called coronary arteries. • If you have too much cholesterol in your body, it can form plaque that sticks to the walls of your arteries. Over time this can cause the arteries to become narrow (called atherosclerosis) so that the flow of blood is slowed down or blocked. • If any of the coronary arteries are narrowed, you can have chest pain. If one of them is blocked, you can have a heart attack. <div data-bbox="487 1024 1404 1606" data-label="Image"> <p>The diagram illustrates the effect of atherosclerosis on an artery. On the left, a 'Normal artery' is shown with a wide, clear lumen. A blue arrow labeled 'Blood flow' points downwards through the lumen. On the right, an 'Artery narrowed by atherosclerosis' is shown. The lumen is significantly constricted by a yellowish, irregular mass labeled 'Plaque' that has built up on the inner walls of the artery. The blue arrow indicates that blood flow is severely restricted in this narrowed section.</p> </div> <p>© Healthwise, Incorporated</p>

<p>What do the cholesterol numbers mean</p>	<ul style="list-style-type: none"> • There are different types of cholesterol. When you have your blood tested for cholesterol, the results will show all the different types: <table border="1" data-bbox="344 191 1458 394"> <thead> <tr> <th data-bbox="344 191 1039 233">Type of Cholesterol</th> <th data-bbox="1039 191 1458 233">Healthy Numbers</th> </tr> </thead> <tbody> <tr> <td data-bbox="344 233 1039 275">High-density cholesterol (HDL): good cholesterol</td> <td data-bbox="1039 233 1458 275">Greater than 60 mg/dL</td> </tr> <tr> <td data-bbox="344 275 1039 317">Low-density cholesterol (LDL): bad cholesterol</td> <td data-bbox="1039 275 1458 317">Less than 100 mg/dL</td> </tr> <tr> <td data-bbox="344 317 1039 359">Triglycerides</td> <td data-bbox="1039 317 1458 359">Less than 150 mg/dL</td> </tr> <tr> <td data-bbox="344 359 1039 394">Total cholesterol</td> <td data-bbox="1039 359 1458 394">Less than 200 mg/dL</td> </tr> </tbody> </table>	Type of Cholesterol	Healthy Numbers	High-density cholesterol (HDL): good cholesterol	Greater than 60 mg/dL	Low-density cholesterol (LDL): bad cholesterol	Less than 100 mg/dL	Triglycerides	Less than 150 mg/dL	Total cholesterol	Less than 200 mg/dL
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<p>How do I lower my cholesterol</p>	<p>There are several things you can do to lower your cholesterol levels:</p> <ul style="list-style-type: none"> • Eat a heart-healthy diet (low saturated fat, trans fat, and cholesterol) • Maintain a healthy weight • Get regular physical activity (30 minutes a day) • Don't smoke • If needed, take medicines to lower your cholesterol 										

For more information about cholesterol, please speak to your health care provider.