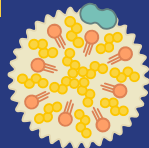


# ..... High Cholesterol .....



## What is it?

High cholesterol refers to having too much bad cholesterol, which **increases the risk for heart disease like heart attack and stroke**. Patients do not usually show signs and symptoms for high cholesterol, so many patients do not know that their cholesterol may be high.

## Types of Cholesterol

Bad (LDL) cholesterol makes up most of the body's cholesterol, but if there is too much in the body, it can build up on the walls of blood vessels, potentially leading to the blockage of those vessels.

Good (HDL) cholesterol helps to carry cholesterol from other parts of the body back to your liver. It helps to lower the amount of bad cholesterol by removing it from other parts of the body.

## Common Causes



Unhealthy diet



Alcohol consumption



Family history



Inactive lifestyle

## If you have high cholesterol or want to lower your risk, you should:

- Eat foods low in trans fat, saturated fats, and added sugars
  - Moderate-intensity exercise for 150 mins/week
  - Limit alcohol consumption
  - Talk to your doctor and screen your cholesterol
- Screening goals: LDL < 100 mg/dL | HDL > 60 mg/dL
- Take your medications regularly and as directed



For more information about disease states, visit our website.  
<http://tinyurl.com/amcphealthhelper>

