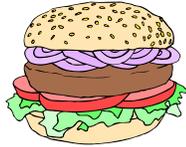


Understanding Cholesterol

1 source is food



Did you know that cholesterol comes from 2 sources?

You probably know that cholesterol comes from food. But what you might not know is that your bad cholesterol also has a lot to do with your family history.

Everyone's bad cholesterol comes from 2 sources: the cholesterol that is absorbed from food and the cholesterol your body produces naturally, based on heredity.

The 2nd source is heredity



What is cholesterol?

Cholesterol is a soft, waxy substance that can build up in your artery walls. This restricts blood flow and can cause a heart attack or stroke. The higher your LDL (bad) cholesterol number; the greater your chances for heart disease.

Know your LDL (bad) cholesterol number.

Your LDL (bad) cholesterol number is important. It gives you and your doctor a standard for good health – much like your temperature, pulse, or blood pressure. Your LDL (bad) cholesterol goal number is based on your current and historical medical situation and any risk factors you may have for heart disease. If you have heart disease or diabetes, your goal should be less than 100 mg/dL. If you don't know what your individual LDL (bad) cholesterol goal should be, ask your doctor.



Normal coronary artery

Coronary artery with plaque buildup

Ask your doctor for your LDL cholesterol goal, then fill out this chart to help you keep track.

Ask your doctor for your LDL cholesterol goal, then fill out this chart to help you keep track.

My LDL (bad) cholesterol goal is _____.

Date				
LDL Cholesterol				
Total Cholesterol				

For more information, please visit 2sourcesofcholesterol.com

Lowering Cholesterol

If you usually eat: Try:	
Steak	Fish
Hamburgers	Turkey Burgers
Fried Chicken	Broiled, Baked Seasoned Chicken
Whole Milk or 2% Milk	Skim Milk or 1% Milk
Cheese or Sour Cream	Low-Fat Cheese or Low-Fat Sour Cream
Sauces Over Vegetable	Steamed Vegetables
Potato Chips	Rice Cakes
Pastries	Fat-Free Pastries
Sweets/Chocolate	Fat-Free Sweets/Chocolate

There may be more you can do.

Stay focused on lower-fat and lower-cholesterol foods. Many people have difficulty with high cholesterol simply because their body produces too much of it. But foods that are high in cholesterol or fats also contribute to the problem.

Eat healthy when you're out. Try oil-and-vinegar dressing on salads; ask the chef to remove excess fat from beef and to trim the skin from the chicken. If in doubt, ask your waiter for recommendations on foods that are low in fat.

Make exercise a regular part of your life.

The principle of adjusting your diet also applies to exercise. To help you develop a healthy lifestyle, we've included a few tips that can help you get started (see the list below). When you're ready, remember that it's important to increase your activities gradually. Be sure to talk with your doctor before starting any exercise regimen.

Inactive	Mildly Active	Active
<ul style="list-style-type: none"> Walk on your lunch hour or coffee break 	<ul style="list-style-type: none"> Join a gym or recruit an exercise partner 	<ul style="list-style-type: none"> Exercise at least 3 times a week, 30 minutes a day
<ul style="list-style-type: none"> Take the stairs whenever possible 	<ul style="list-style-type: none"> Increase the frequency of your exercise sessions 	<ul style="list-style-type: none"> Choose activities that use the large muscle group(s) such as swimming and biking
<ul style="list-style-type: none"> Take the dog for an extra walk or two 	<ul style="list-style-type: none"> Create an exercise schedule-and stick to it 	<ul style="list-style-type: none"> Vary your routine to avoid burnout
<ul style="list-style-type: none"> Recruit an exercise partner 	<ul style="list-style-type: none"> Explore new sports that interest you 	

Do what you can to help your medications work

When diet and exercise alone are not enough, several types of cholesterol-lowering medications are available. Remember that medicines need to be taken as directed by your doctor.