

Get Healthy Stay Healthy

THE GOOD, THE BAD, THE TRIGLYCERIDES

Cholesterol is a waxy substance that your body needs to make hormones and vitamins. Your body gets all the cholesterol it needs from what your liver makes², but also from meat, poultry, and full-fat dairy products that you eat.¹

Knowing your cholesterol levels is an important part of staying healthy.¹



The Good²

HIGH DENSITY LIPOPROTEINS (HDL)

are known as good cholesterol because they remove cholesterol from the blood stream, preventing plaque buildup from forming on artery walls. Low levels of HDL can increase the risk of heart disease.²



The Bad²

LOW DENSITY LIPOPROTEINS (LDL) are

known as bad cholesterol because they can contribute to the buildup of plaque on artery walls. Buildup narrows the arteries and increases the risk of heart disease.²

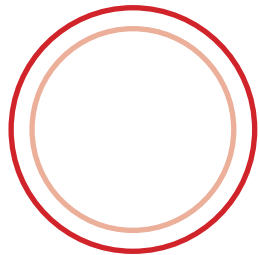


The Triglycerides²

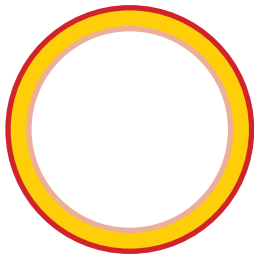
TRIGLYCERIDES are the most common type of fat in the body. They store excess energy from your diet. A high triglycerides level in combination with high LDL and low HDL is linked to plaque buildup on artery walls.²

Dangerous Buildup⁶

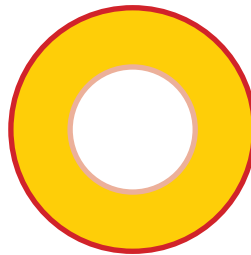
Plaque buildup in the arteries is called atherosclerosis. As plaque builds up, the wall of the blood vessel thickens – narrowing the channel within the artery – reducing blood flow. Reduced or blocked blood flow can lead to coronary heart disease, artery disease, angina, and chronic kidney disease.



NORMAL VESSEL



CONTINUOUS BUILDUP



ATHEROSCLEROSIS

Prevent High Cholesterol⁴

- **LIMIT** foods high in **SATURATED FAT**
- **EAT HIGH FIBER** foods
- **MAINTAIN** a healthy **WEIGHT**
- **BE** physically **ACTIVE**
- **QUIT SMOKING**
- **LIMIT ALCOHOL**
- **IF NECESSARY, TAKE** cholesterol-lowering **MEDICATION**

Know Your Numbers⁵

High cholesterol has no symptoms.³ Get your cholesterol levels checked as part of your annual physical. It is important that for those aged 20 and up get screened every 5 years or more often depending on health or family history.¹

AMOUNT (mg/dL)	TOTAL	HDL	LDL	TRIGLYCERIDES
GOOD	<200	40-60	<100	<149
BORDERLINE	200-239	N/A	130-159	150-199
HIGH	>240	>60	>160	>200
LOW	N/A	<40	N/A	N/A

Sources:

- 1 How and When to Have Your Cholesterol Checked. www.cdc.gov/cholesterol/checked
- 2 Your Cholesterol Score Explained PDF. <https://www.heart.org/en/health-topics/cholesterol/cholesterol-tools-and-resources>
- 3 High Cholesterol Facts. www.cdc.gov/cholesterol/facts
- 4 Preventing High Cholesterol. www.cdc.gov/cholesterol/prevention
- 5 The Recommended Cholesterol Levels by Age. www.healthline.com/health/high-cholesterol/levels-by-age
- 6 Atherosclerosis. www.heart.org/en/health-topics/cholesterol/about-cholesterol/atherosclerosis