



GOOD VS. BAD CHOLESTEROL

Cholesterol — a waxy substance that builds in the arteries — is not completely harmful, despite its reputation for being bad for you. In fact, some of it can even improve your health when consumed in the right amounts.

There are two types of cholesterol:

- 1. HIGH-DENSITY LIPOPROTEIN (HDL)** – count should be at least 40 for a male and 50 for a female
Considered “good” cholesterol because HDL carries cholesterol to your liver where it can be removed from your bloodstream before it builds up in your arteries.
- 2. LOW-DENSITY LIPOPROTEIN (LDL)** – count should be less than 100

Considered “bad” cholesterol because it carries cholesterol directly to your arteries. This can result in atherosclerosis, a plaque buildup that can even cause heart attack and stroke.

Increasing your HDL and lowering your LDL have been proven ways to decrease your risk of heart disease and we’re here to give you some tips.

INCREASE PHYSICAL ACTIVITY.

Why? It will lower your triglycerides, the most common type of fat in your body, while increasing your HDL levels. Benefits can be seen with as little as 60 minutes of moderately intense aerobic exercise a week.

AVOID TRANS FATS.

Why? They increase LDL cholesterol and lower HDL cholesterol levels. Foods prepared with shortening, such as cakes and cookies, often contain trans fats as do most fried foods and some margarines. Limit saturated fat, found in meats and full-fat dairy products, as well.

QUIT SMOKING.

Why? Smoking lowers HDL levels, especially in women, and increases LDL levels and triglycerides.

DRINK LESS ALCOHOL.

Why? More than moderate alcohol intake has been linked with higher levels of cholesterol. Moderate alcohol means up to one drink a day for women of all ages and men older than age 65, and up to two drinks a day for men age 65 and younger.

Be sure to schedule your annual biometric screening and review your cholesterol levels with your doctor.