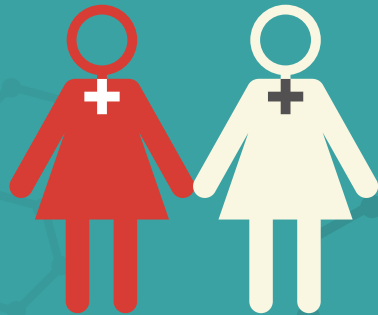
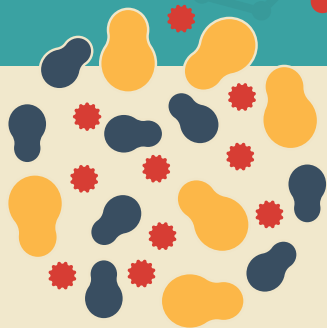
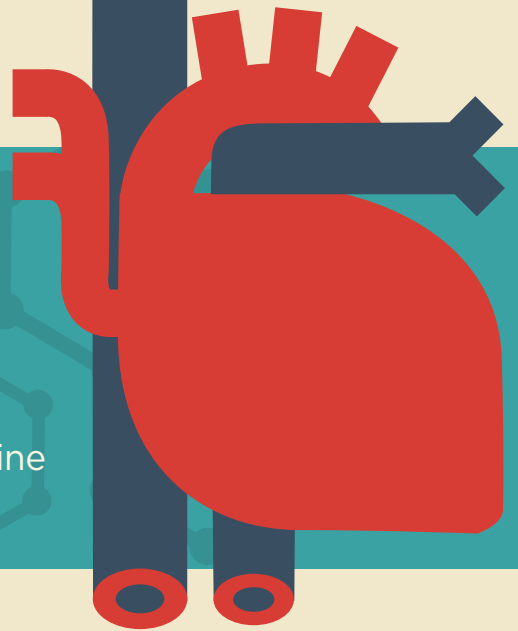


CHOLESTEROL & HEART HEALTH



1 OUT OF EVERY 2 WOMEN

has high or borderline high cholesterol.



CHOLESTEROL is found in foods you eat from animal sources.

Cholesterol (fat)
+ Protein
LIPOPROTEIN



Low-density lipoprotein (LDL) is often called the “bad” cholesterol. It is the major cholesterol carrier in the blood that can build up in the walls of the arteries.

High-density lipoprotein (HDL) is the “good” cholesterol. HDL may remove the excess cholesterol from the plaque in your arteries.



Triglycerides are the fat in your blood. When you eat, the calories from food that you don't use immediately are transformed into triglycerides and stored as fat.



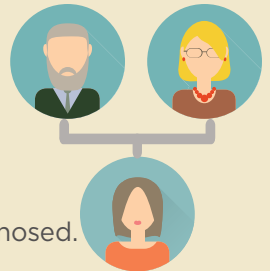
When there is too much cholesterol in your blood, plaque builds up in the walls of your arteries.

Over time, this buildup can cause the arteries to become narrowed, limiting the amount of blood flow to the heart. Without enough oxygen-rich blood flow, chest pain, **A HEART ATTACK**, or stroke may result.

FAMILIAL HYPERCHOLESTEROLEMIA (FH)

1 IN 300-500 PEOPLE

are affected by Familial Hypercholesterolemia (FH), a genetic disorder.



MORE THAN 90%

of people with FH are undiagnosed.

* FH can lead to heart disease early in life.

WHAT YOU CAN DO TO LOWER YOUR LDL



Eat heart healthy. Replace unhealthy saturated fat and trans fat whenever possible. **Monounsaturated fats** can help lower LDL “bad” cholesterol without lowering HDL “good” cholesterol. They are found in:

- olive, peanut and canola oils
- avocados
- nuts
- seeds

Eat more fruits and vegetables. Aim to eat **five to nine servings of fruits and vegetables** each day.



Exercise. 30 minutes on most, if not all, days can help raise HDL and lower LDL and triglycerides.

ADDITIONAL RESOURCES

National Cholesterol Education Program
www.nhlbi.nih.gov/health/public/heart/cholesterol/wyntk.pdf
www.fhjourneys.com

www.womenheart.org/cholesterol

www.learnyourlipids.com
www.thefhfoundation.org