

KNOW YOUR NUMBERS

Cholesterol

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KNOW YOUR RISK

ASSESS YOUR RISK OF HEART DISEASE AND STROKE BY KNOWING YOUR CHOLESTEROL NUMBERS

WHAT IS CHOLESTEROL?

Cholesterol is the waxy substance made by your liver that travels through your blood. It is needed for your body to make hormones and digest fatty foods.

HOW IS CHOLESTEROL MEASURED?

Total cholesterol above 200 mg/dL is considered high cholesterol. Talk with your Healthcare Provider about your health history and how often you need to have your cholesterol checked.

WHY IS HIGH CHOLESTEROL BAD?

Two types of cholesterol:

- LDL = "bad" cholesterol
- HDL = "good" cholesterol

Too much LDL cholesterol allows plaque to build up in arteries causing them to narrow over time.

Optimal Cholesterol Levels

Total Cholesterol	About 150 mg/dL
LDL ("bad") Cholesterol	About 100 mg/dL
HDL ("good") Cholesterol	At least 40 mg/dL (men) / 50 mg/dL (women)
Triglycerides	Less than 150 mg/dL



Manage Your Cholesterol