# KNOW YOUR NUMBERS

Cholesterol

medinahealth.org/knowyournumbers



# **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.

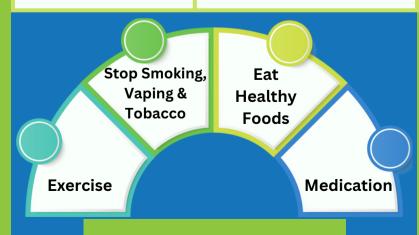
## **Optimal Cholesterol Levels**

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**