

Cholesterol raises your chances of type 2 diabetes. Having a low level of HDL-C and a high level of triglycerides are risk factors for diabetes.

If your cholesterol is normal, you still may be at risk for a heart attack or stroke. Even with normal total cholesterol levels, high LDL-C or low HDL-C raise your risk for heart attack or stroke. That is why it is important to know all of your cholesterol levels.

Tobacco and alcohol can affect your cholesterol. Studies suggest that moderate amounts of alcohol (one drink daily for women, two for men) may raise good cholesterol. However, smoking can lower your good cholesterol.

Everyone should get a cholesterol test at least every five years, starting in their 20s.



We strongly recommend you relay your cholesterol levels to your physician.

My Cholesterol Levels

Name: _____

Date: _____

Total: _____

HDL-C: _____

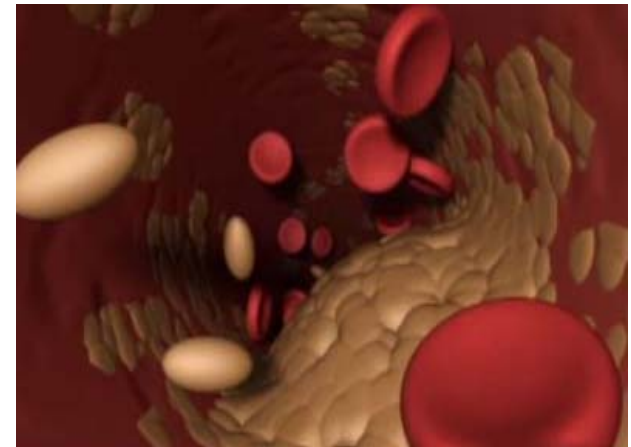
LDL-C: _____

Triglycerides: _____

Comments/Recommendations:

This screening is meant to provide you insight on your current cholesterol levels. It is not meant to diagnose you with heart disease. Only a trained, medical provider may diagnose you with any medical condition.

Managing Your Cholesterol



*Cholesterol Guidelines and Treatment
to Maintaining a Healthy Heart*

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What is Cholesterol and Why Should I Monitor it?

Cholesterol, a fatty substance produced by the liver, is a vital part of the structure and functioning of our cells. Foods high in saturated fat such as fatty meats, egg yolks, shellfish and whole milk dairy products also contain cholesterol.

While the body needs cholesterol to function properly, too much of it in the bloodstream builds up on the artery walls in the form of plaque, causing the opening to narrow. With a narrow artery, the heart does not receive enough blood to stay healthy, putting you at risk for atherosclerosis and coronary heart disease.

Types of Cholesterol

Total Cholesterol

Your total cholesterol level is a combined count of your HDL-C and LDL-C counts. Generally, a lower number is better.

LDL-C

LDL-C is considered the “bad” type of cholesterol because it leads to the build up of plaque in your arteries. You want your LDL-C count to be low.

HDL-C

HDL-C is considered the “good” type of cholesterol because it helps return cholesterol to the liver where it can be eliminated from the body. You want your HDL-C count to be high.

Triglycerides

Triglycerides are another fatty substance that can be dangerous to your health. Like your LDL-C level, you want to keep triglycerides low.

Guidelines

Total Cholesterol	
Less than 200 mg/dL	Desirable
200-239 mg/dL	Borderline high
240 mg/dL or higher	High

LDL-C	
Less than 100 mg/dL	Optimal
100-129 mg/dL	Near optimal/ above optimal
130-159 mg/dL	Borderline high
160-189 mg/dL	High
190 mg/dL or higher	Very high

HDL-C	
60 mg/dL or higher	High
Less than 40 mg/dL	Low

Triglycerides	
Less than 150 mg/dL	Normal
150-199 mg/dL	Borderline high
200-499 mg/dL	High
500 mg/dL or higher	Very high

Get the Facts

Not all high cholesterol levels put you at risk for heart disease. Your body needs cholesterol to create cell membranes and hormones. A high HDL-C along with a low LDL-C is recommended.

There are no noticeable symptoms of high risk cholesterol. One in five Americans has high cholesterol. Since there are no symptoms, some people do not realize they have high cholesterol until after they have a heart attack or a stroke. It is recommended you get routine cholesterol screenings every five years.

There are many ways to manage high risk cholesterol. The main ways are through diet, exercise, and medication. Maintain a healthy weight and do 30 minutes of physical activity most days. If diet and exercise alone do not lower your cholesterol levels, your physician may recommend medication.

Cholesterol types and guidelines found at www.crestor.com, June 2009.