

Cholesterol & Your Heart: What You Need to Know



Learn more about

1

Why your cholesterol levels matter.

2

What healthy cholesterol levels are.

3

What to do if you have high cholesterol.

What is cholesterol?

Cholesterol is a waxy, fat-like substance in your cells. Our bodies generally make all the cholesterol needed for good health. Cholesterol helps make hormones, vitamin D, and substances to help you digest foods.

Small packages, called **lipoproteins**, carry cholesterol through your bloodstream. Two kinds of lipoproteins carry the cholesterol. You may have heard about “good” and “bad” cholesterol. **High-density lipoprotein (HDL)** is the “good” cholesterol. **Low-density lipoprotein (LDL)** is the “bad” cholesterol.

HDL

HDL helps your body get rid of cholesterol so it doesn't clog your arteries. High levels of HDL may lower your risk of a heart attack, stroke, and other health problems.

LDL

LDL deposits cholesterol inside the blood vessels that carry blood to your heart and other parts of your body. Over time, this may cause your arteries to narrow or get blocked, which can cause a heart attack, stroke, or other health problems.

TG

Triglycerides are a type of fat in your blood that your body uses for energy. A combination of high triglyceride and low HDL levels can increase your risk for heart attack and stroke.

Unhealthy cholesterol levels can harm your heart health. Undiagnosed or untreated high LDL or “bad” cholesterol can lead to serious problems, such as heart attack and stroke. That's why it's important to take steps to get and keep your cholesterol in a healthy range.

Heart-healthy lifestyle changes can help you control your cholesterol:

- Be physically active
- Eat a heart-healthy diet
- Aim for a healthy weight
- Quit smoking or vaping
- Reduce stress
- Get enough good-quality sleep



Cholesterol Your Guide For A Healty Heart

Lingsheng Yao



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Cholesterol ,1993 With assistance from the National Heart Lung And Blood Institute Consumer Guide presents the most up to date information on how to control cholesterol including the roles of cholesterol tests diet drugs exercise and surgery

Your Guide to a Healthy Heart National Heart, Lung, & Blood Institute,2005 **Cholesterol** Consumer Guide,Consumer Guide Editors,1989 Explains the role of cholesterol in the body discusses the importance of good nutrition exercise and stress management and includes low fat recipes **Cholesterol** Consumer Guide,1995-07-01 An authoritative guide discusses the roles of cholesterol and fat in the human body how cholesterol levels relate to heart disease the effects of diet and exercise on cholesterol and how to reduce cholesterol Reprint Info Memo ,1990 **Nutrition and Health** Rosemary Wachira RD CDCES,2021-12-13 Nutrition and Health Fighting Cancer Diabetes and Heart Disease takes the reader on a journey to reconnect with the most fundamental healing tool our food This book will offer you an abundance of practical tips for optimal eating and living and will be an indispensable resource for you to refer to readily Whether you are interested in weight loss restoration prevention or health maintenance you will walk away empowered and equipped with the right guidance on how to make it happen Begin the transformation to live your best life ever now I am honored to recommend this book for your reading Dr Lennox A Graham Ph D Professor Howard University Washington DC The author s knowledge of nutrition benefits different cultures in both the southern and northern hemispheres NUTRITION and HEALTH Fighting Cancer Diabetes and Heart Diseases offers interesting perspectives to readers across the world empowering them to take steps of change needed to improve their health It is highly important for the world population to come to the realization of how critical the foods and drinks we consume are vitally important to our lives This book shows the path and practical steps to reach sound health leading to happy productive and long lives with little medical care Dr Straton BAZIRA MD Ph D France Pretoria South Africa This book has compressed together a wealth of nutrition information that is very helpful in bringing step by step change to improve one s health The book provides helpful nutrition tips for every reader I like the aspect of focusing on diabetes cancer and cardiovascular three disease areas that have adversely impacted lives in many communities Highly recommend this book for your reading Mwangi N Mutahi PhD Nutrition and Natural Health Specialist Kenya **Pain Sourcebook, 6th Ed.** James Chambers,2021-02-01 Consumer health information about the causes and management of various types of acute and chronic pain along with prevention strategies and coping tips Includes index glossary of related terms other resources Your Guide to a Healthy Heart U. S. Department of Health and Human Services,National Insitutes of Health,National Heart Lung Institute, And,2012-07-09 This book by the National Institutes of Health Publication 06 5269 and the National Heart Lung and Blood Institute is designed for both women and men and is an action plan for heart health It provides up to date information and practical tips about establishing and maintaining a heart healthy lifestyle including understanding the risk factors for heart disease determining your risk and establishing a plan for

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Your Personal Nutritionist Ed Blonz, Edward R. Blonz, 1996 Let nationally renowned nutritionist Dr Blonz guide you to a healthier future In this comprehensive easy to use handbook Dr Blonz advises the most effective ways that antioxidants the body's natural protectors can reduce the risks of heart disease cancer strokes and immune disorders

Principles and Management of Lipid Disorders Albert Oberman, Robert A. Kreisberg, Yaakov Henkin, 1992 This text aims to provide essential background material for primary practitioners who treat lipid disorders and to serve as a practical guide for treatment of this condition For those interested in background material the first several chapters contain the scientific basis for treatment and more complex concepts are carefully explained with examples

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Connections For Health Mullen, McDermott, Gold, Belcastro, **Buffalo Producer's Guide to Management & Marketing** Kim Dowling, 1990 **Living Well** Curtis O. Byer, Louis W. Shainberg, 1991 *Calories and Carbohydrates* Barbara Kraus, 1997-04 Now readers can take the guesswork out of calorie intake and lose weight as they never have before Whether their goal is five or 50 pounds this dictionary listing of over 8 500 brand names and basic foods with their calorie and carbohydrate counts is the smart and safe way to keeping trim while eating healthy **Dhea** Maureen Callahan, 1997 DHEA is a hormone that your body produces in abundance when you are young and less and less as you age Medical researchers have discovered that this hormone sold over the counter in drugstores and health food stores may not only put the brakes on aging but can also leave you looking and feeling better than you have in years Now this comprehensive guide explains all of the latest research on how DHEA may help you The Complete Guide to Women's Health Bruce D. Shephard, Carroll A. Shephard, 1990 Cited in BCL3 This is the revised and updated edition first was 1982 of an informational and decision making guide to the full spectrum of health concerns for women of all ages Annotation copyrighted by Book News Inc Portland OR **Consumer Health & Nutrition Index** , 1990 *Lite Up Your Life* Waynell Harris, Sherry Whitehurst, 1991 Lite Up Your Life is a cookbook that does the watching and worrying for you with a delicious variety of low sodium low cholesterol low fat recipes

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web uses tip sheets and positive parenting booklet to reinforce strategies for parents of children birth to 12 years and primary care teen triple p for parents of adolescents to 16 years triple p discussion groups two hour small group sessions targeting a specific problem behavior or issue

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web triple p primary care triple p primary care consult 15 30 minutes individually with a facilitator 3 4 times in person over the phone or a combination of both to meet the needs of your family choose from one or more of the topics listed below infants promoting development tiffany wilson fairfieldcountyohio gov or 740 652 7286

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web backed by more than 35 years of research triple p gives parents and caregivers practical tools to build strong relationships manage their children s behavior and prevent problems from happening in the first place triple p works across cultures and for many different types of

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