



What is Cholesterol?

Cholesterol is a waxy substance found in the fats (lipids) in your blood and is primarily produced by your liver. There are two types of cholesterol. Bad cholesterol, which is called low-density lipoprotein (LDL) cholesterol and good cholesterol or high-density lipoprotein (HDL) cholesterol, which can help your body remove LDL.

When your cholesterol levels become too high, it builds up in the walls of your arteries, increasing your risk of life threatening complications such as heart attack and stroke.



Is your cholesterol too high?

Your cholesterol can easily be measured through a simple blood test called a lipid profile. This blood profile measures your LDL, Triglycerides and HDL levels. Your cholesterol is considered high if you have total cholesterol levels of 200 mg/dl or higher.

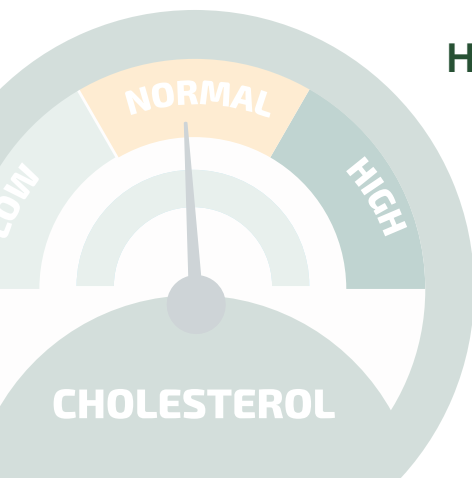
What causes high cholesterol?

- Diet
- Family history
- Age
- Obesity
- Activity level
- Stress level

How can I control my cholesterol?

Controlling high cholesterol often requires making adjustments to your lifestyle. These adjustments can include:

- Eating foods high in fiber
- Adding exercise to your daily routine
- Quitting habitual smoking
- Utilizing correct medication
- Avoiding foods with saturated and trans fats
- Controlling stress levels



For more information on cholesterol management, visit www.nhlbi.nih.gov