

# About Your Cholesterol



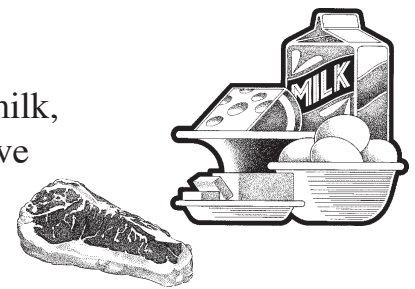
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## What is cholesterol?

It is a type of fat that is made in your body and carried in your blood. It is also a natural part of many of the foods you eat.

## Where does cholesterol come from?

- The cholesterol in your body is made by your liver.
- Cholesterol is also a part of the fat in eggs, dairy products (milk, cheese, butter), and fatty meats. When you eat foods that have a lot of cholesterol, you add to the cholesterol that is already in your blood.



## The 2 types of cholesterol

There are 2 kinds of cholesterol:

- The “good” kind, called high-density lipoproteins (HDL) help your body. They find and pick up cholesterol in your blood, and take it back to your liver to get rid of.
- The “bad” kind of cholesterol is low-density lipoproteins (LDL). These carry cholesterol to different parts of your body. This cholesterol can clog your blood vessels.

## Why is a high cholesterol level harmful for me?

When you have too much cholesterol in your blood, your blood vessels may clog up. You may not be able to get enough blood to your hands, feet, heart, kidneys or your brain. You may have more chance of having a heart attack or stroke.

## How will I know if my cholesterol level is OK or not?

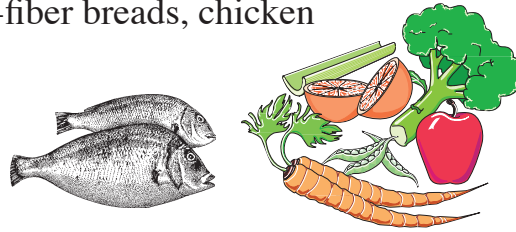
A blood test is done to see how much cholesterol is in your blood. The test also tells the HDL and LDL cholesterol levels in your blood.

- Your total cholesterol should be less than 200. If it is more than 240mg/ml, your cholesterol level is high. Talk to your health care provider about how to get it down.

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## How can I lower my cholesterol level?

- Eat a low-fat diet:
  - **Eat less** eggs, dairy products (whole milk, cheese, butter), and fatty meats.
  - **Eat more** fruits, vegetables, high-fiber breads, chicken and fish.



- Exercise more - talk to your health care provider about an exercise plan that's right for you.
- Keep your weight at a healthy level - talk to your health care provider about what's right for you.



- If your health care provider has started you on a medicine to lower your cholesterol, take it as you have been told.

## How often should I get my cholesterol level checked?

As often as your health care provider tells you, or at least once a year.

To find out more about your cholesterol, ask your health care provider or dietitian