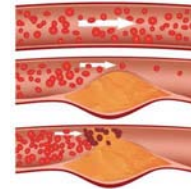




HEART HEALTHY MANAGING HIGH CHOLESTEROL

Why Is Cholesterol Important?

- High blood cholesterol is one of the major risk factors for heart disease.
- In fact, the higher your blood cholesterol, the greater your risk of developing heart disease or having a heart attack.
- Heart disease is the #1 killer of men and women in the United States.
- Each year, more than a million Americans have a heart attack, and about half a million people die of heart disease.



How Does Cholesterol Cause Heart Disease?

- When there is too much cholesterol (a fat-like substance) in your blood, it builds up in the walls of your arteries.
- Over time, this buildup causes “hardening of the arteries” so that arteries become narrowed and blood flow to the heart becomes slowed down or blocked.
- This may cause chest pain or even a heart attack.



“Ooo, I just felt the good cholesterol
kick the bad cholesterol.”

What Affects Cholesterol Levels?

A variety of things can affect cholesterol levels. These are things you can do something about:

- ✓ **Diet**—Saturated fat and cholesterol in food may increase your cholesterol level.
- ✓ **Weight**—Being overweight tends to increase your cholesterol level.
- ✓ **Physical activity**—Being inactive is a risk factor for heart disease. Regular physical activity can help lower LDL cholesterol and raise HDL

Adapted from: http://www.nhlbi.nih.gov/health/public/heart/chol/cholesterol_atglance.pdf.
NIH Publication No. 09-7424, August 2009; 20 July 2014.



"Don't be impressed with your own wisdom. Instead, fear the Lord and turn away from evil.
Then you will have healing for your body and strength for your bones." ~ Proverbs 3: 7-8
This health promotional flyer is provided by St. Mary Parish Nurse Ministry