

# Common cholesterol myths



*MYTH: ALL CHOLESTEROL IS BAD FOR YOU.*

**Fact:** Some types of cholesterol are necessary for good health. Your body needs cholesterol to make hormones and build cells.

*MYTH: I WOULD BE ABLE TO FEEL IT IF I HAD HIGH CHOLESTEROL.*

**Fact:** High cholesterol usually has no signs or symptoms. You may not know you have unhealthy cholesterol levels until it is too late

*MYTH: I DON'T NEED MEDICATION FOR MY CHOLESTEROL. I CAN MANAGE MY CHOLESTEROL WITH DIET AND EXERCISE.*

**Fact:** Although many people can achieve good cholesterol levels by making healthy food choices and exercising regularly. Some people may also need medicines called statins to lower their cholesterol levels.

# Managing your levels

GET TESTED EVERY 4-6 YRS. ASK YOUR DOCTOR IF YOU ARE AT HIGH RISK AND NEED LEVELS CHECKED MORE OFTEN!

## HEALTHY EATING

EXAMPLE MEAL!

Skinless chicken breast with herbs, spices and onions cooked in corn oil, yucca and fresh papaya!



## FUN TIPS!

- 1) Avoid white flour tortillas and have whole wheat ones instead!
- 2) Cook with healthy fats like canola, corn and safflower oil instead of lard and butter



## & EXERCISE

THE KEY TO PREVENTING AND TREATING HIGH CHOLESTEROL LEVELS!

At least one brisk 10-minute walk, 3 times a day, 5 days a week

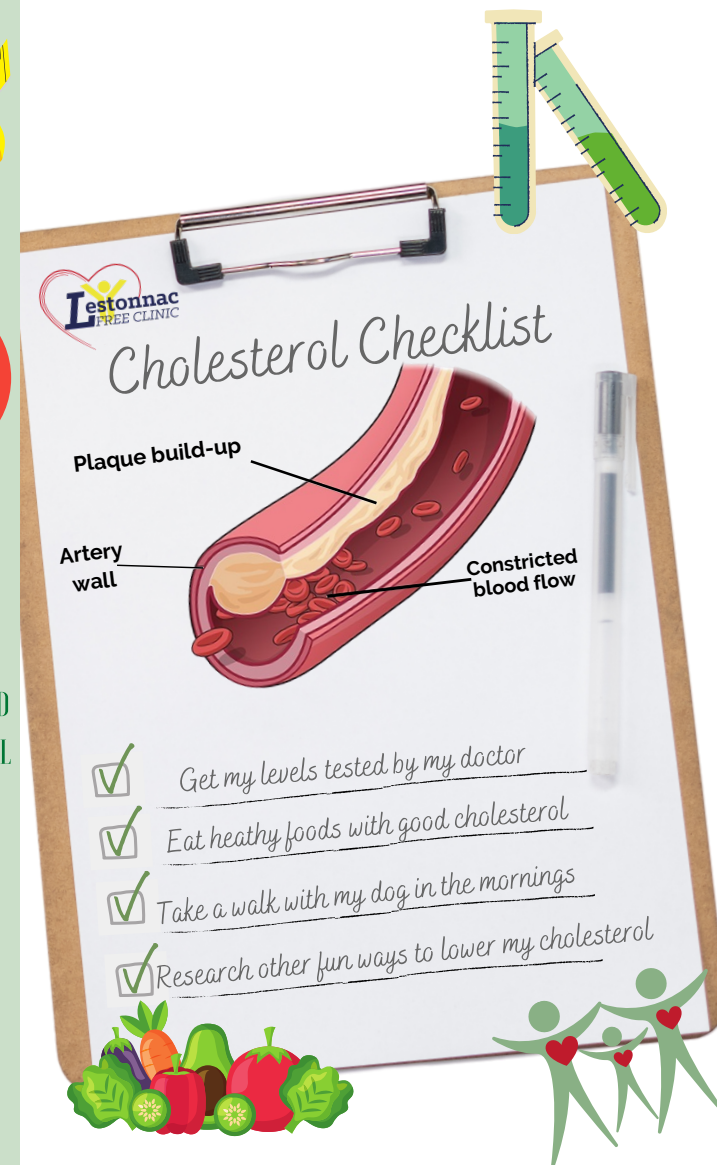


Salsa lessons 4 times a week with at-home youtube videos or DVDs!



# CHOLESTEROL

Managing your levels



Plaque build-up

Artery wall

Constricted blood flow

- Get my levels tested by my doctor
- Eat healthy foods with good cholesterol
- Take a walk with my dog in the mornings
- Research other fun ways to lower my cholesterol

# Overview



Cholesterol is made by your liver and is in animal products (e.g. meat, poultry, full-fat dairy products), also called dietary cholesterol.

## What does it mean to have "high cholesterol"?

There are two main types of cholesterol:

- LDL cholesterol = bad cholesterol
- HDL cholesterol = good cholesterol

Too much of the LDL or too little of the HDL can increase your risk of plaque build up blocking the arteries of your heart and brain, also known as atherosclerosis.

# Signs & Symptoms



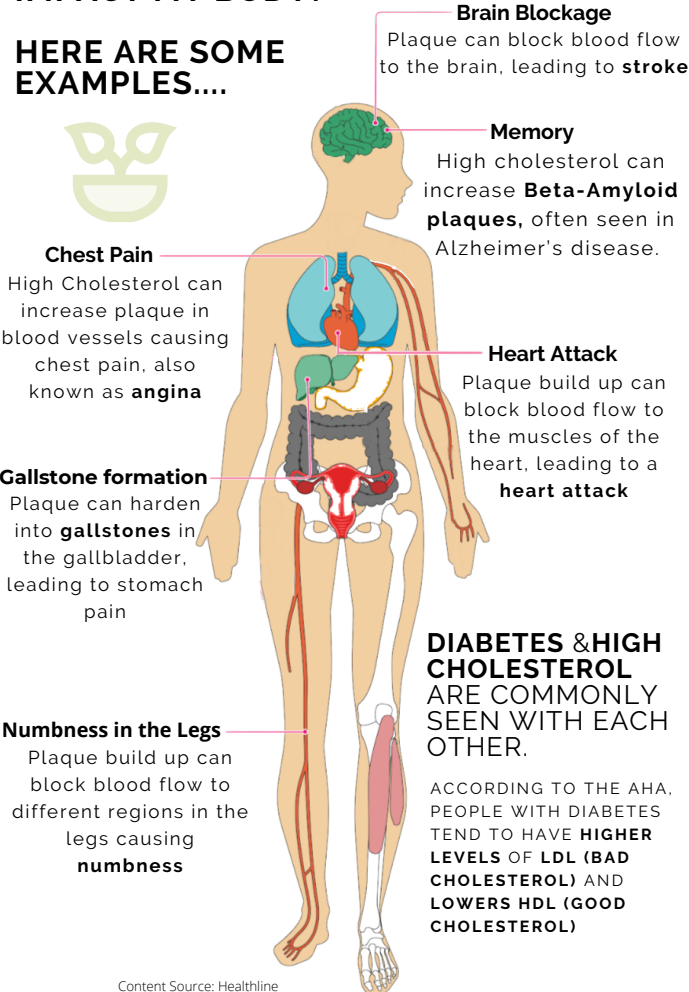
There are little to no specific symptoms of high cholesterol

Best way to find out is by taking a blood test!

- HIGH CHOLESTEROL INCREASES YOUR RISK FOR:
- **HEART DISEASE**
    - LEADING CAUSE OF DEATH IN THE US
  - **STROKE**
    - 5TH LEADING CAUSE OF DEATH IN THE US
  - **CHEST PAIN (ANGINA)**
  - **HEART ATTACK**

## HOW DOES CHOLESTEROL IMPACT MY BODY?

### HERE ARE SOME EXAMPLES...



# Causes & Risk Factors

## Poor Diet

Foods high in cholesterol, saturated fat, and trans fat increase bad cholesterol. These include fatty meat (like sausages), red meat, butter, cheese, full-fat dairy, deep fried food, and many more



## Excess Weight & Lack of Exercise

## Diabetes

Uncontrolled diabetes can increase your risk of high cholesterol. A high blood sugar can damage your arteries, allowing the buildup of bad cholesterol.



## Family History & Older Age

If members of your family have high cholesterol, you may be at higher risk. Additionally, familial hyper-cholesterolemia (FH) - a genetically inherited disorder that affects 1 in every 200 people - causes high levels of LDL that worsens over time.

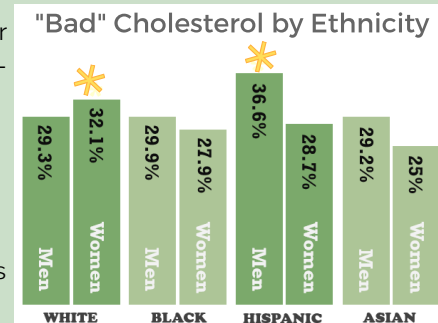
## Smoking



## Ethnicity

Certain ethnicities are at greater risk for developing high LDL cholesterol.

Data from the American Heart Association shows Hispanic men and White women tend to have higher levels of bad cholesterol.



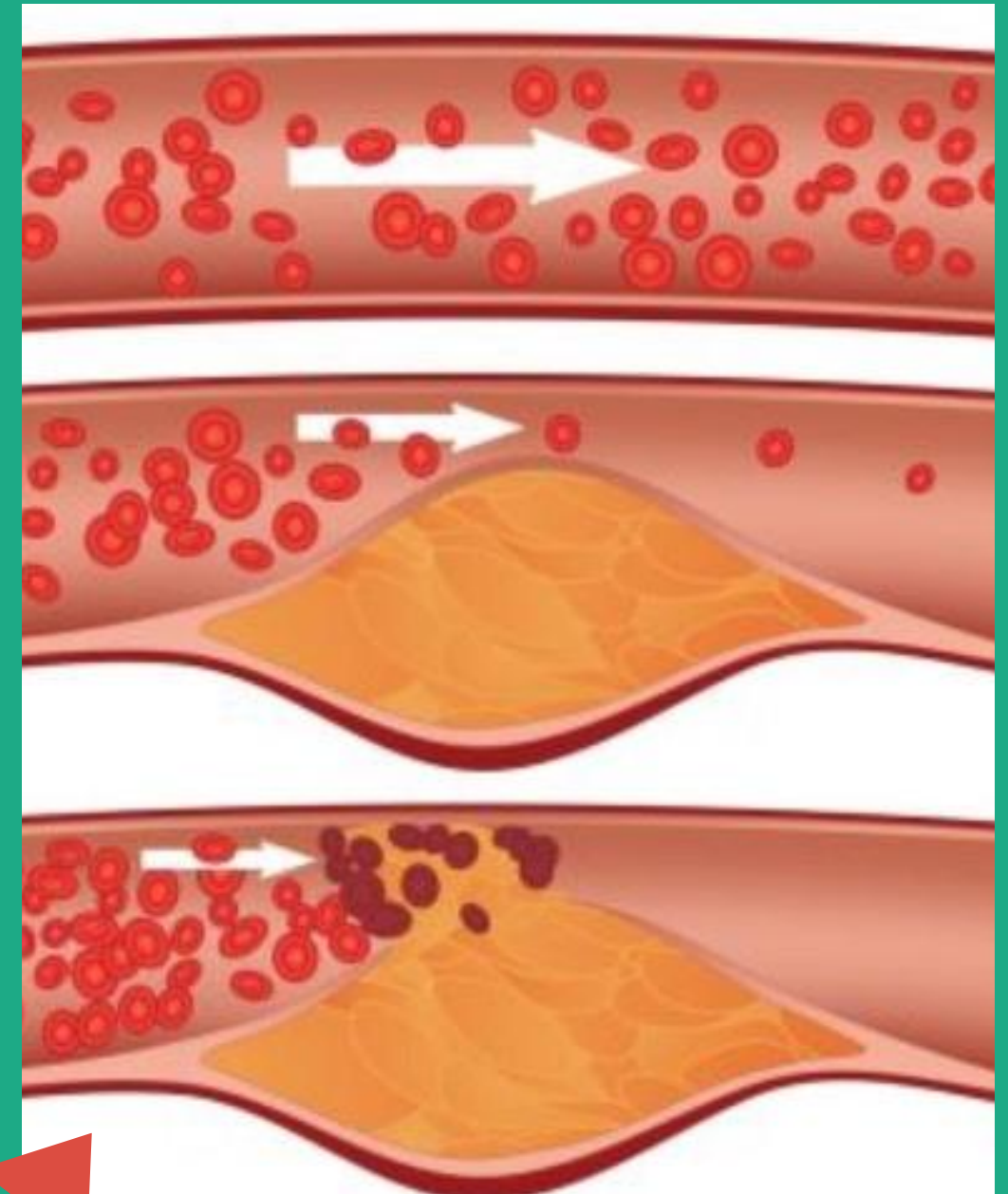
# CHOLESTEROL

## Numbers to know!

Test	General Desirable Level
Total Cholesterol	under 200 mg/dL
LDL	under 100 mg/dL
HDL	over 60 mg/dL
Triglycerides	under 150 mg/dL

## What is Cholesterol?

**Cholesterol** is naturally made by the liver. But we also consume **dietary cholesterol**, which comes from the food we eat (meat, poultry, full-fat dairy products).



Over time cholesterol will build up on the walls of the vessel! Increasing the risk of heart attack or stroke!

## Common Cholesterol Myths

### Myths

**Myth:** I would be able to feel it if I had high cholesterol.

**Fact:**

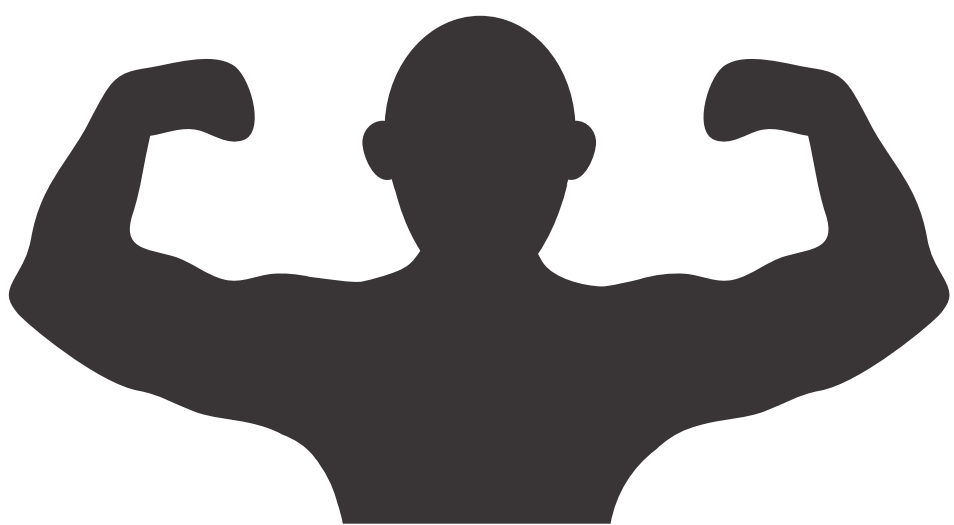
- High cholesterol usually has no signs or symptoms.
- You can find out by taking a blood test!



**Myth:** All cholesterol is bad for you.

**Fact:**

- Your body needs cholesterol to function properly!



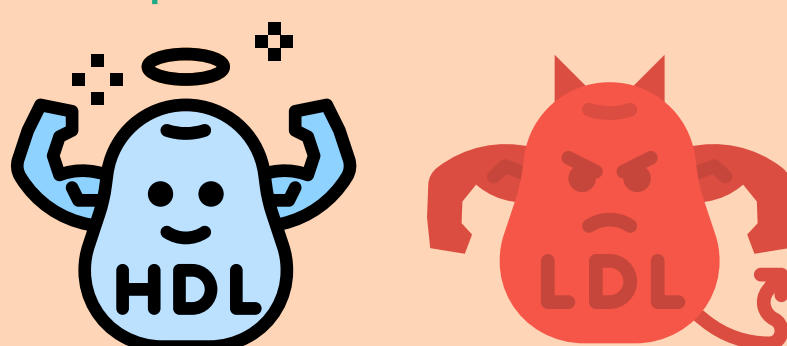
## What does it mean to have "high cholesterol"?

**High cholesterol** is when we have too much LDL cholesterol or not enough HDL cholesterol.

## HDL VERSUS LDL

**LDL cholesterol** = bad cholesterol (causes plaque build-up)

**HDL cholesterol** = good cholesterol (reduces plaque build-up)



## MANAGING HIGH CHOLESTEROL

Ask your doctor if you are high risk and need levels checked more often.

### 1 Exercise!

Try taking a 10 minute walk 3 times a day, 5 days a week.



EXERCISE AND HEALTHY EATING ARE ESSENTIAL FOR PREVENTING AND TREATING HIGH CHOLESTEROL LEVELS!

### 2 Cook with healthy fats instead of butter!



### 3 Avoid red meat & full-fat dairy products. Eat high-protein vegetables instead!



### 4 Choose fiber-rich whole grains!

