



You can help make your family and community healthy and strong by taking care of your heart. Managing your cholesterol is one way you can take care of your heart.

Cholesterol is a waxy, fat-like substance in your blood and body. Cholesterol helps make all the cells in your body healthy. Too much cholesterol, specifically the bad cholesterol – LDL, builds up and clogs your heart and blood vessels. Most people do not know they have high cholesterol, because there are usually no symptoms. Your doctor/provider can tell you if you have high cholesterol and help you manage it. If you manage your cholesterol, you will have better heart health and better brain health.

### **ASK YOUR DOCTOR/PROVIDER THESE QUESTIONS**

1. What is my cholesterol?
2. What should it be?
3. What can I do to reach this goal?

Talk to your doctor/provider about your cholesterol. Manage your cholesterol for your heart, for your family, and for your community. Protect the circle of life!

### **TAKE CARE OF YOU AND YOUR FAMILY NOW**

- Eat more foods like fruits, vegetables, beans, and whole grains.
- Eat less saturated fat, a type of fat found mostly in foods that come from animals.
- Eat less food with cholesterol, which only comes from animal products.
- Eat less fast food.
- Drink water instead of soda pop.
- Get at least 30 minutes of physical activity every day.
- Go for a walk every day.
- Stop smoking – seek help.
- Keep taking your cholesterol medicines the way your doctor/provider tells you to.
- If you have diabetes, manage your blood glucose (sugar).
- Ask your family and friends to help you meet your goals to take care of your heart and cholesterol.

# Cholesterol Record Form

Bad cholesterol, or LDL, builds up and clogs your heart and blood vessels. Take care of your heart by taking care of your cholesterol. Use this form to keep track of your cholesterol when you visit your doctor/provider. Work with your doctor/provider, friends, and family to reach your goals.

## Cholesterol Goal

People with less than two risk factors – LDL less than 130

People with diabetes, heart disease or two or more risk factors – LDL less than 100

### Risk Factors that Affect LDL Goal Level:

- Cigarette Smoking
  - High Blood Pressure
  - Family history of early heart disease (heart disease in father or brother before age 55; heart disease in mother or sister before age 65)
  - Age (men 45 years or older; women 55 years or older)
  - Low HDL Cholesterol (less than 40mg/dl)\*
- \*If your HDL cholesterol is 60 mg/dl or higher, subtract 1 from your count

TEST AT LEAST ONCE A YEAR

## Cholesterol Results

Date							
Result							

## To manage my cholesterol

I will: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

