

# State Road Occupational Medical Facility LLC

600 STATE RD., ASHTABULA, OH 44004

- > CHOLESTEROL
- > LIFESTYLE CHANGES
- > FUN FACT

## WHAT IS CHOLESTEROL ?

Cholesterol is a natural substance made by the body. It is a waxy, fat like substance found in all cells in the body. The body needs cholesterol to make hormones, Vitamin D, and substances that help you digest foods. The body makes all the cholesterol it needs, but is also found in the foods we eat.

Cholesterol is broken down into many subgroups, but the primary are LDL (bad) cholesterol, HDL (good) cholesterol, and Triglycerides.

The Centers for Disease Control reports that nearly one-third of adults have high cholesterol levels. Usually, high cholesterol does not produce any symptoms and you may not know that your cholesterol levels are too high. Too much cholesterol can build up in your arteries, causing atherosclerosis, or hardening of the arteries. This restricts blood flow through the arteries and can lead to serious medical problems such as heart disease, heart attack, and stroke.

The American Heart Association recommends all adults over the age of 20 have their cholesterol levels checked every four to six years. Cholesterol screenings are done through a simple blood test.

## HIGH CHOLESTEROL RISK FACTORS

- Diets high in trans fats, saturated fats, and cholesterol
- Being overweight or obese
- Sedentary lifestyle
- Genetics—familial hypercholesterolemia

## UNDERSTANDING CHOLESTEROL

**Low-density lipoprotein (LDL) cholesterol**, often referred to as “bad” cholesterol, is the type that tends to deposit on the walls of arteries. White blood cells combine with the LDL, forming artery narrowing plaque, which restricts the blood flow. A blocked artery, cutting off blood supply to the heart or brain, can result in a heart attack, stroke, and even death.

**High-density lipoprotein (HDL) cholesterol**, considered “good” cholesterol, because it actually works to keep the LDL from building up in your arteries. The higher the HDL levels in the body are, the more your risk factors for cholesterol related heart disease, attack, and stroke are.

**Triglycerides** are a type of fat found in the body. When you eat, your body converts any calories it does not need to use right away, into triglycerides. The triglycerides are stored in your fat cells. Hormones release triglycerides for energy between meals. If you regularly eat more calories than you burn, you may have high triglycerides. High triglycerides are often a sign of other conditions that increase the risk of heart disease and stroke as well, including obesity and metabolic syndrome — a cluster of conditions that includes too much fat around the waist, high blood pressure, high triglycerides, high blood sugar and abnormal cholesterol levels

## GET YOUR CHEMISTRY PROFILE TODAY

**\$40.00**

**INCLUDES A COMPLETE BREAKDOWN OF CHOLESTEROL LEVELS ( LDL, HDL, TRIGLYCERIDES, RATIO ) A COMPLETE METABOLIC PANEL AND GLUCOSE LEVEL**

## TREATMENT

Managing cholesterol levels is usually done in one of two ways, or a combination of both : Medication or Lifestyle changes.

Sometimes, a healthy diet and regular exercise aren't enough to attain health cholesterol levels. This is often the case when high cholesterol level is caused by genetic factors. Statins are usually the first choice because they also reduce your risk of heart attack and stroke. Other types of medication that may be prescribed include selective cholesterol absorption inhibitors, resins, and lipid lowering supplement/therapies such as fibrates, niacin, and omega-3's.



## LIFESTYLE CHANGES

**Lose Weight**—Being overweight tends to increase your LDL levels. Weight loss can help to lower LDL levels, triglyceride levels, blood pressure, and decrease your risk of heart attack and stroke.

**Quit Smoking**—Smoking is not only bad for your lungs, it lowers your HDL (good) cholesterol. When you quit smoking, your HDL (good) levels will rise.

**Exercise**—Exercise can increase your HDL (good) cholesterol by up to 6% and reduce your LDL (bad) cholesterol level by 10%. Just 40 minutes of mild exercise, 3-4 times a week, such as walking, swimming, or cycling can have an impact on your cholesterol levels.

**Eat Healthier**— A healthy diet can significantly impact your cholesterol levels. Below are listed just a few healthy eating tips:

**Fiber**—Diets high in Fiber can reduce LDL (bad) cholesterol. Good sources of fiber are fruits, vegetables, whole grains, legumes, and beans.

**Smart Protein**—Limit red meat and eat more fish and lean poultry. Fish is exceptional heart healthy because it is high in Omega-3 fatty acid and low in saturated fat. Omega-3's help to lower triglyceride levels.



**The brain operates on the same amount of power as a 10-watt light bulb. The cartoon image of a light bulb over your head when a great thought occurs isn't too far off the mark. Your brain generates as much energy as a small light bulb even when you're sleeping.**