

HIGH CHOLESTEROL

THE BASICS

♥ High cholesterol levels can cause heart attacks, kidney failure, poor circulation, and strokes.

♥ You cannot tell if you have a high cholesterol level without having a blood test.

♥ Poor eating habits and heredity are frequent causes of high cholesterol.

♥ Blood cholesterol comes in three forms - LDL, HDL, and triglycerides.

"LDL" is the "bad cholesterol." High levels are harmful.

"HDL" is the "good cholesterol." High levels are good.

High triglyceride levels are often present in diabetes and obesity.

♥ Desirable cholesterol levels are

Total cholesterol less than 200

LDL less than 100 (or less than 70 in diabetics and in some people with heart or blood vessel disease)

HDL of at least 50

Triglycerides less than 150

HOW TO CONTROL HIGH CHOLESTEROL

♥ Limit fatty foods including

Fatty red meats and luncheon meats

Fried foods

Prepared or convenience foods

Meat based gravies and sauces

Whole milk, cheeses, and eggs

"Junk foods"

♥ Maintain a healthy weight. Every pound lost helps.

♥ Exercise more; this will help decrease your "bad" cholesterol and increase your "good" cholesterol levels.

♥ Limit alcohol consumption, especially if you have high triglycerides.

♥ Medications along with a good diet can lower cholesterol levels.

♥ Taking cholesterol-lowering medications does not eliminate the need to eat a healthy diet.

We are pleased to answer your questions or discuss your condition with other health care professionals.

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