



Lifestyle changes can help people with very high cholesterol reduce their risk of heart attack by 34 percent.

CHOLESTEROL

Cholesterol is a soft, waxy substance found in your cells and bloodstream. Although some cholesterol is necessary to develop cell membranes, hormones, and serve other bodily functions, too much cholesterol may lead to heart disease. There are two types of cholesterol: high-density lipoprotein, or HDL, and low-density lipoprotein, or LDL. HDL is known as the "good" cholesterol. It works to remove cholesterol from artery walls protecting you from heart disease. LDL is known as the "bad" cholesterol. When too much LDL circulates in the blood, it can gradually build up in the arteries that deliver blood to the heart and cause a heart attack.

Total blood cholesterol is the most common measurement of cholesterol levels in the blood. However, many doctors use the ratio of total cholesterol to HDL cholesterol instead of the total blood cholesterol measurement.

Triglycerides are a type of blood fat. High levels of triglycerides are often found in people who have diabetes or heart disease. Combined with low HDL cholesterol or high LDL cholesterol, high triglycerides may increase risk for heart attack and stroke.

Your Total Cholesterol Level			
Risk Category	Range	Previous	Current
High	240 or greater		
Borderline High	200 to 239		
Desirable	less than 200	189	102

Your HDL Level			
Risk Category	Range	Previous	Current
Desirable	60 or greater		
Moderate	40 to 59		
Increased Risk	less than 40	37	37