

LEARNING TO MANAGE CHOLESTEROL



Cholesterol is a fatty substance normally found in everyone's blood. While the body produces it through the liver, it's also obtained through food. A high concentration of bad cholesterol (LDL) in your blood increases your risk of cardiovascular-related diseases

Types of Cholesterol

LDL (Low Density Lipid) – Known as “Bad Cholesterol,” it deposits cholesterol on the walls of your blood vessels, thus reducing the space for blood to flow.

HDL (High Density Lipid) – Known as “Good Cholesterol,” as it helps remove the “bad cholesterol” that sticks to the walls of your blood vessels.

You can reduce the risk of high cholesterol by following these suggestions:

- Change your eating habits
- Eat nutritious foods that are high in fiber, and low in saturated fat and cholesterol
- Exercise
- Talk to your doctor

Sometimes, changing your eating habits are not enough to lower your cholesterol level. Therefore, your doctor might prescribe drugs to help.

It's important to comply with your doctor's recommendations and take your drugs as indicated.



To start controlling your cholesterol, you will need to know your appropriate level.

Total Cholesterol

Desirable level less than 200 mg/dl

HDL Cholesterol

Desirable level is 40 mg/dl or higher

LDL Cholesterol

Desirable level less than 100 mg / dl. These levels can vary according to the level of cardiovascular risk of each person. Consult with your doctor.

Referencias:

U.S. Department of Health and Human Services,
National Heart, Lung, and Blood Institute,
National Institutes of Health

<https://www.nhlbi.nih.gov/health-topics/blood-cholesterol>

Ask your doctor if a cholesterol level test is right for you!

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