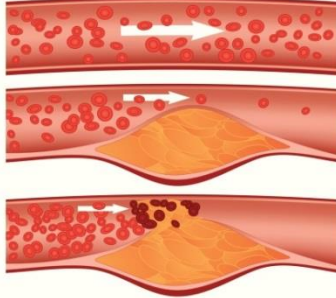


Take Control of Your Cholesterol

What is cholesterol? Cholesterol is a fat-like substance in your blood. When cholesterol levels are too high, it increases your chance of getting heart disease. Cholesterol builds up in your blood and causes hardening (or narrowing) of the arteries. The blood flow to the heart is slowed down or blocked. A heart attack occurs if the blood flow is completely blocked off.



Types of cholesterol:

- LDL (bad) cholesterol: Main source of cholesterol buildup and blockage in the arteries
- HDL (good) cholesterol: Helps keep cholesterol from building up in the arteries
- Triglycerides: Another form of fat in your blood
- Total cholesterol: LDL, HDL and other fats in your blood

How to keep a normal cholesterol level:



Ask your doctor what your LDL goal should be. Your doctor will advise you when and what medicine you should take to lower your cholesterol.

References:

[National Heart, Lung, and Blood Institute](http://www.nhlbi.nih.gov/health/public/heart/chol/wyntk.htm): <http://www.nhlbi.nih.gov/health/public/heart/chol/wyntk.htm>

[Centers for Disease Control and Prevention](http://www.cdc.gov/cholesterol/healthy_living.htm): http://www.cdc.gov/cholesterol/healthy_living.htm

[WebMD](http://www.webmd.com/cholesterol-management/guide/understanding-numbers): <http://www.webmd.com/cholesterol-management/guide/understanding-numbers>

REDUCE (or limit) these foods which increase cholesterol



- High-fat dairy products (whole milk, cheese, butter, ice cream, and cream)
 - Instead choose 1% or skim milk and low or nonfat dairy products
- High-fat meats and organ meats
 - Instead choose lean meat, fish, and skinless poultry
- Tropical oils such as coconut oil
 - Instead choose healthy oils and soft margarines that are low in saturated fat (liquid or tub varieties) and contain no trans fat
- Baked products and mixed dishes containing dairy fats, shortening, and tropical oils
- Egg yolks

INCREASE these foods which can help lower cholesterol



- Whole grain cereals such as oatmeal or barley
- Fruits such as apples, bananas, berries, peaches, pears, plums, prunes
- Beans such as legumes, such as black, pinto, navy beans, lima, or lentils

Keep Track of Your Cholesterol Levels

Date	Total Cholesterol	LDL	HDL	Triglycerides

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