**Common cholesterol myths**

**MYTH: ALL CHOLESTEROL IS BAD FOR YOU.**

*Fact:* Some types of cholesterol are necessary for good health. Your body needs cholesterol to make hormones and build cells.

**MYTH: I WOULD BE ABLE TO FEEL IT IF I HAD HIGH CHOLESTEROL.**

*Fact:* High cholesterol usually has no signs or symptoms. You may not know you have unhealthy cholesterol levels until it is too late.

**MYTH: I DON’T NEED MEDICATION FOR MY CHOLESTEROL. I CAN MANAGE MY CHOLESTEROL WITH DIET AND EXERCISE.**

*Fact:* Although many people can achieve good cholesterol levels by making healthy food choices and exercising regularly. Some people may also need medicines called statins to lower their cholesterol levels.

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**Managing your levels**

**HEALTHY EATING**

**EXAMPLE MEAL!**
Skinless chicken breast with herbs, spices and onions cooked in corn oil, yucca and fresh papaya!

**FUN TIPS!**
1) Avoid white flour tortillas and have whole wheat ones instead!
2) Cook with healthy fats like canola, corn and safflower oil instead of lard and butter

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**& EXERCISE**

**THE KEY TO PREVENTING AND TREATING HIGH CHOLESTEROL LEVELS!**

At least one brisk 10-minute walk, 3 times a day, 5 days a week

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**Research shows that walking reduced cholesterol levels by 7%. Start by trying to go on a walk after meals!**

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Salsa lessons 4 times a week with at-home youtube videos or DVDs!
Signs & Symptoms

Numbers to Know

<table>
<thead>
<tr>
<th>Test</th>
<th>General Desirable Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Cholesterol</td>
<td>under 200 mg/dL</td>
</tr>
<tr>
<td>LDL</td>
<td>under 100 mg/dL</td>
</tr>
<tr>
<td>HDL</td>
<td>over 60 mg/dL</td>
</tr>
<tr>
<td>Triglycerides</td>
<td>under 150 mg/dL</td>
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There are little to no specific symptoms of high cholesterol.

Best way to find out is by taking a blood test!

How does cholesterol impact my body?

Here are some examples....

High cholesterol increases your risk for:
- Heart Disease
  - Leading cause of death in the US
- Stroke
  - 5th leading cause of death in the US
- Chest Pain (Angina)
- Heart Attack

How does cholesterol impact my body?

Overview

Cholesterol is made by your liver and is in animal products (e.g. meat, poultry, full-fat dairy products), also called dietary cholesterol.

What does it mean to have "high cholesterol"?
There are two main types of cholesterol:
- LDL cholesterol = bad cholesterol
- HDL cholesterol = good cholesterol

Too much of the LDL or too little of the HDL can increase your risk of plaque build up blocking the arteries of your heart and brain, also known as atherosclerosis.

Causes & Risk Factors

Poorest Diet
Foods high in cholesterol, saturated fat, and trans fat increase bad cholesterol. These include fatty meat (like sausages), red meat, butter, cheese, full-fat dairy, deep fried food, and many more.

Excess Weight & Lack of Exercise

Diabetes
Uncontrolled diabetes can increase your risk of high cholesterol. A high blood sugar can damage your arteries, allowing the buildup of bad cholesterol.

Family History & Older Age
If members of your family have high cholesterol, you may be at higher risk. Additionally, familial hyper-cholesterolemia (FH) - a genetically inherited disorder that affects 1 in every 200 people - causes high levels of LDL that worsens over time.

Smoking

Certain ethnicities are at greater risk for developing high LDL cholesterol.

DIABETES & HIGH CHOLESTEROL ARE COMMONLY SEEN WITH EACH OTHER.

According to the AHA, people with diabetes tend to have higher levels of LDL (bad cholesterol) and lowers HDL (good cholesterol).

Data from the American Heart Association shows Hispanic men and White women tend to have higher levels of bad cholesterol.

Content Source: Harvard Health and American Heart Association

Content Source: Healthline
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**What is Cholesterol?**

Cholesterol is naturally made by the liver. But we also consume dietary cholesterol, which comes from the food we eat (meat, poultry, full-fat dairy products).

**What does it mean to have "high cholesterol"?**

High cholesterol is when we have too much LDL cholesterol or not enough HDL cholesterol.

**HDL VERSUS LDL**

**LDL cholesterol** = bad cholesterol (causes plaque build-up)

**HDL cholesterol** = good cholesterol (reduces plaque build-up)

**Common Cholesterol Myths**

**Myth:** I would be able to feel it if I had high cholesterol.

**Fact:** High cholesterol usually has no signs or symptoms.

**Myth:** You can find out by taking a blood test!

**Fact:** You can find out by taking a blood test!

**Myth:** All cholesterol is bad for you.

**Fact:** Your body needs cholesterol to function properly!

**MANAGING HIGH CHOLESTEROL**

Ask your doctor if you are high risk and need levels checked more often.

1. **Exercise!**
   Try taking a 10 minute walk 3 times a day, 5 days a week.

2. **Cook with healthy fats instead of butter!**

3. **Avoid red meat & full-fat dairy products. Eat high-protein vegetables instead!**

4. **Choose fiber-rich whole grains!**

**EXERCISE AND HEALTHY EATING ARE ESSENTIAL FOR PREVENTING AND TREATING HIGH CHOLESTEROL LEVELS!**