

Be One in a Million Hearts[®]

Take Control of your Cholesterol

Did you know?

Cholesterol is a soft, fat-like substance that everyone has in their bodies.

When there is too much cholesterol in the blood, it can build up in the walls of blood vessels. This build up is called plaque. It can block blood flow and can lead to heart disease and stroke.

High cholesterol itself does not cause symptoms; so many people do not know that their cholesterol level is too high. Your doctor can do a simple blood test to see what your cholesterol numbers are.

There are two types of cholesterol. There is good cholesterol called HDL and bad cholesterol called LDL. Good cholesterol helps remove bad cholesterol. Total cholesterol is the number of LDL added to the HDL cholesterol.

Lowering high cholesterol can help reduce the chance of having a heart attack or stroke.

Cholesterol Blood Levels	
Total Cholesterol	Less than 200 mg/dl
HDL Cholesterol	More than 50 mg/dl
LDL Cholesterol	Less than 150 mg/dl
Triglycerides	Less than 150 mg/dl



Talk to your health care team about the

ABCs



Aspirin
when appropriate



Blood pressure
control



Cholesterol
management



Smoking
cessation

PRACTICE HEALTHY LIVING HABITS



Eat a healthy diet



Maintain a healthy weight



Be active on most days



Don't smoke or use tobacco



Limit alcohol use

Top 10 Heart Healthy Tips

Having high blood cholesterol puts you at risk of heart disease, the leading cause of death in the United States. Here's how you can take control of your cholesterol:

- 1. Know your heart numbers.**
Find out your cholesterol and blood pressure values. Many people who have high cholesterol or blood pressure feel fine.
- 2. Take control.**
It's up to you to control your heart numbers like cholesterol. Take small steps to live a heart healthy life. See your doctor and ask what you can do to keep your heart numbers from getting too high.
- 3. Get moving.**
Add movement to your day. Staying active will help you control your weight and help lower your cholesterol.
- 4. Eat a heart healthy diet.**
Eat less fat and more fiber. Eat more foods that help fight cholesterol like beans (kidney, lima, or pinto), oatmeal, walnuts, almonds and extra virgin olive oil.
- 5. Prepare and cook your own meals.**
Be willing to learn how to plan, prepare and cook your own heart healthy foods. Fast foods, pre-packaged, processed and instant or "ready-to-eat" foods contain more fat and cholesterol.
- 6. Don't shop hungry or in a hurry.**
Avoid making quick, unhealthy choices by planning ahead. It takes time to make healthy food choices. If you are hungry, you are more likely to choose fast, processed foods. Make a food list and take your time at the store.
- 7. Learn to read food labels.**
Pay close attention to the serving size, fat and salt content on foods.
- 8. Take your medications faithfully.**
Sometimes medication is needed in addition to diet and activity changes. If your doctor gives you medicine to lower your cholesterol, it is important to remember to take it. Set a schedule to remind you— use a pillbox and set reminders in your phone.
- 9. Involve your friends and family in your heart health goals.**
It's important to make your journey to better heart health a fun one! Share what you know with someone and invite them to join you!
- 10. Stay informed, stay connected.**
Please visit the Million Hearts® website and social media pages to learn more and receive heart healthy tips, personal stories, and messages!

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