

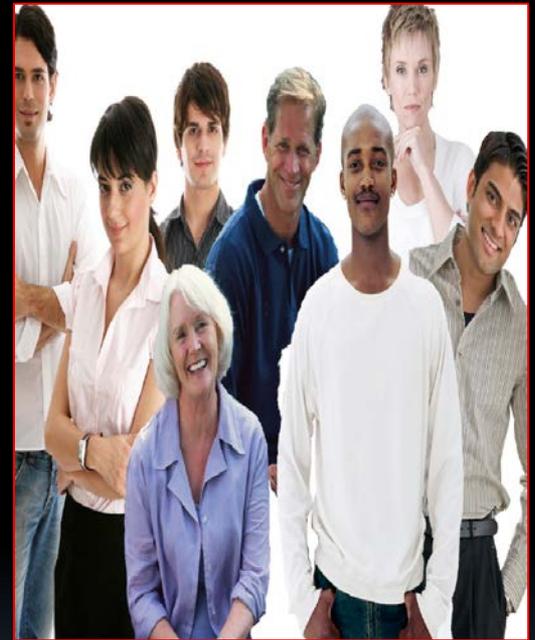
Pass The Fat!



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The Reader Will Be Able To...

- List what foods contain cholesterol
- Recall the difference in LDL and HDL
- Explain three risk factors of cholesterol



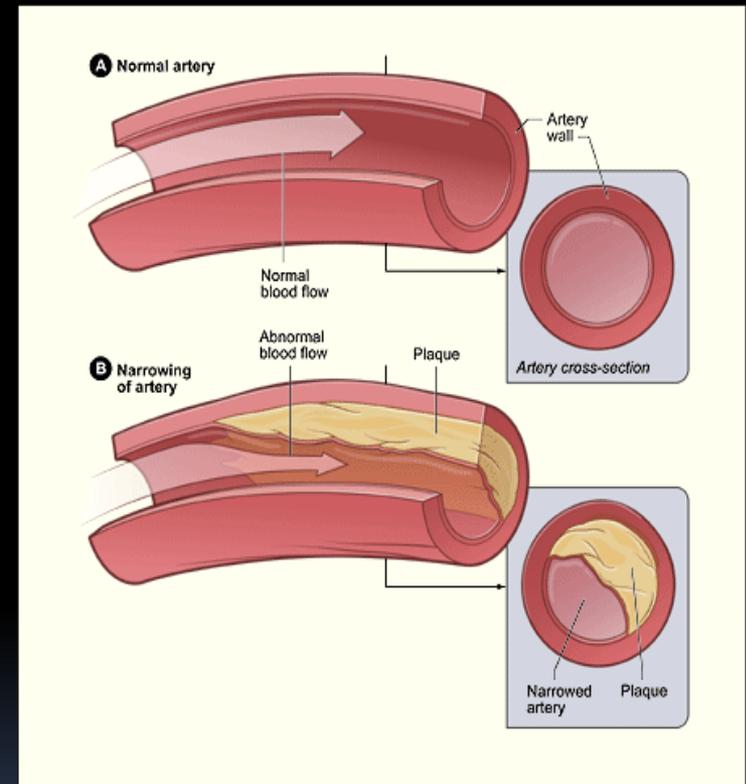
Cholesterol Numbers...

- Having high blood cholesterol puts you at risk for heart disease, the leading cause of death in the United States.
- About 1 of every 6 adult Americans has high blood cholesterol.(CDC)
- For adult Americans, the average level is about 200 mg/dL, which is borderline high risk.



What Is Cholesterol ?

- Cholesterol is a waxy, fat-like substance that your body needs.
- When you have too much in your blood, it can build up on the walls of your arteries which can lead to heart disease and stroke.



Symptoms Of High Cholesterol?

- There are no symptoms of high cholesterol.
- Many people have never had their cholesterol checked, so they don't know they're at risk.
- A simple blood test can tell you your level.



LDL & HDL...

▶ Particles called lipoproteins carry cholesterol in the blood. There are two kinds of lipoproteins you need to know about: LDL and HDL.

- ▶ **Low-density lipoproteins (LDL) cholesterol** make up the majority of the body's cholesterol. LDL is known as "bad" cholesterol because having high levels can lead to a buildup in the arteries and result in heart disease.
- ▶ **High-density lipoproteins (HDL) cholesterol** absorb cholesterol and carry it back to the liver, which flushes it from the body. High levels of HDL, or "good" cholesterol, reduce the risk of heart disease and stroke.



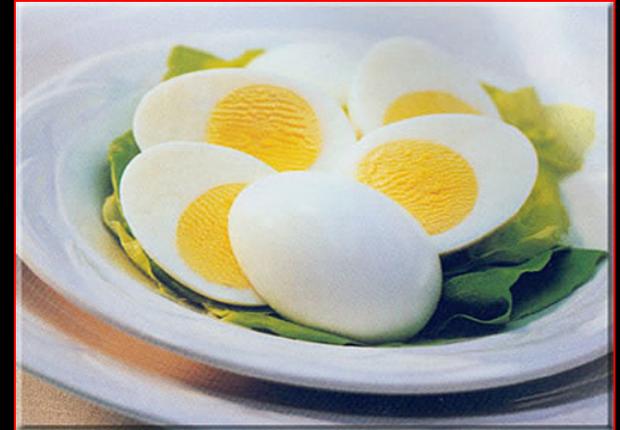
Other Fats...

- Saturated fats:
 - ▶ Come largely from animal fat in the diet, but also from some vegetable oils such as palm oil.
- Trans fats:
 - ▶ Come from vegetable oil that has been hardened by a process called hydrogenation. Many snack foods, fast foods, and baked goods contain trans fats.



Other Fats...

- **Dietary cholesterol:**
 - ▶ Occurs in foods that come from animal sources, including egg yolks, meat, and dairy products.
- **Triglycerides:**
 - ▶ Are another type of fat in food.
 - ▶ The body also can turn some carbohydrates into triglycerides.
 - ▶ As with cholesterol, having high blood levels of triglycerides can raise a person's risk for heart disease.



Risk Factor For High Cholesterol...

▶ Age:

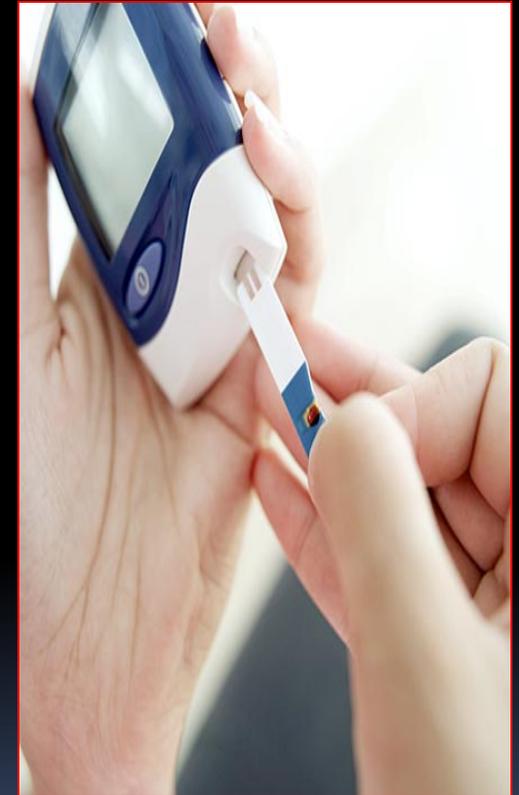
- ▶ Because cholesterol tends to rise as people get older, everyone's risk for high cholesterol increases with age.
- ▶ Women's LDL ("bad" cholesterol) levels rise more quickly than do men's.
- ▶ Until around age 55, women tend to have lower LDL levels than men do.
- ▶ At any age, men tend to have lower HDL ("good" cholesterol) levels than women do.



Risk Factor For High Cholesterol...

▶ Diabetes:

- ▶ Diabetes can also make you more likely to develop high cholesterol.
- ▶ Diabetes affects the body's use of a hormone called insulin.
- ▶ This hormone tells the body to remove sugar from the blood.
- ▶ With diabetes, the body either doesn't make enough insulin, can't use its own insulin as well as it should, or both.
- ▶ This causes sugars to build up in the blood.



Risk Factors For High Cholesterol...

- Diet:
 - ▶ Certain foods raise your cholesterol levels.
 - ▶ These foods tend to contain saturated fats, trans fatty acids (trans fats), dietary cholesterol, or triglycerides.



Risk Factors For High Cholesterol...

▶ Weight:

- ▶ Being overweight can raise LDL, lower HDL, and raise total cholesterol levels.

▶ Physical Inactivity:

- ▶ Not getting enough exercise can make you gain weight, which can lead to increased cholesterol levels.



Risk Factors For High Cholesterol...

- Heredity:
 - ▶ High cholesterol can run in families.
 - ▶ People who have an inherited genetic condition, called familial hypercholesterolemia, have very high LDL cholesterol levels beginning at a young age.



Testing For High Cholesterol...

▶ Have A Blood Test:

- ▶ High cholesterol usually has no signs or symptoms.
- ▶ Your health care provider can do a simple blood test to check your cholesterol levels.
- ▶ The test is called a lipoprotein profile.
- ▶ It measures several kinds of cholesterol as well as triglycerides.
- ▶ Some health care providers do a simpler blood test that just checks total and HDL cholesterol.



Testing Recommendations...

- ▶ All adults age 20 or older should have a fasting lipoprotein profile — which measures total cholesterol, LDL (bad) cholesterol, HDL (good) cholesterol and triglycerides — once every five years
- ▶ This test is done after a nine- to 12-hour fast without food, liquids or pills. It gives information about total cholesterol, LDL (bad) cholesterol, HDL (good) cholesterol and triglycerides.



Total Cholesterol Levels...

Levels	Risk
Less than 200 mg/dL	Ideal
200 mg/dL-239 mg/dL	Borderline
240 mg/dL-Higher	High

Source: American Heart Association
National Heart, Lung, and Blood Institute

LDL Cholesterol Level Category...

Levels	Risk
Less than 100 mg/dL	Optimal (ideal)
100–129 mg/dL	Nearly optimal
130–159 mg/dL	Borderline high
160–189 mg/dL	High
190 mg/dL and above	Very High

Source: American Heart Association
National Heart, Lung, and Blood Institute

HDL Cholesterol Level Category...

Women:

Levels	Risk
Less Than 50 mg/dL	High Risk
60 mg/dL or Higher	Some protection against heart disease.

Men:

Levels	Risk
Less Than 40 mg/dL	High Risk
60 mg/dL or Higher	Some protection against heart disease.

Source: American Heart Association
National Heart, Lung, and Blood Institute

Triglyceride Levels...

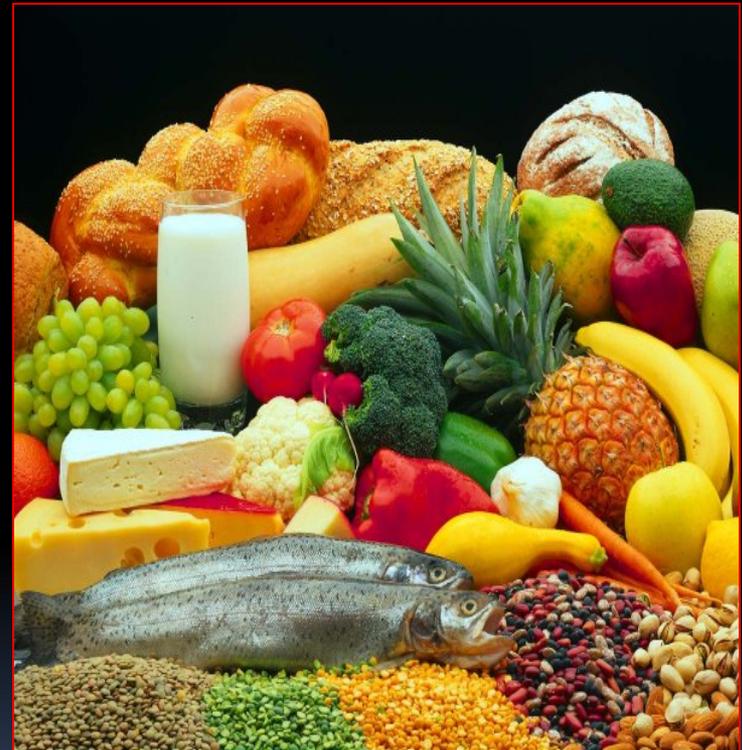
Levels	Range
Less than 150 mg/dL	Normal
150-199 mg/dL	Borderline-high
200-249 mg/dL	High
500 mg/dL and Above	Very high

Source: American Heart Association
National Heart, Lung, and Blood Institute

What You Can Do...

▶ Eat a Healthy Diet:

- ▶ A healthy diet can help keep blood cholesterol levels down. Avoid saturated fat, trans fats, and dietary cholesterol, which tend to raise cholesterol levels.
- ▶ Other types of fats, such as monounsaturated and polyunsaturated fats, can actually lower blood cholesterol levels.
- ▶ Eating fiber can also help lower cholesterol.
- ▶ Drinking alcohol can also raise triglycerides.



What You Can Do...

▶ Maintain a Healthy Weight:

- ▶ Being overweight or obese can raise your bad cholesterol levels. Losing weight can help lower your cholesterol.

▶ Exercise Regularly:

- ▶ Physical activity can help maintain a healthy weight and lower cholesterol.
- ▶ The Surgeon General recommends that adults should engage in moderate-intensity exercise for at least 30 minutes on most days of the week.



What You Can Do...

- Don't Smoke:
 - ▶ Smoking injures blood vessels and speeds up the hardening of the arteries. Smoking greatly increases a person's risk for heart disease and stroke.
 - ▶ Breathing secondhand smoke increases a person's risk for a heart attack and other heart conditions.



Treatment For High Cholesterol...

- If you have high cholesterol, your doctor may prescribe medications in addition to lifestyle changes
- Controlling LDL cholesterol is the primary focus of treatment.
- Your treatment plan will depend on your current LDL level and risk for heart disease and stroke.



Treatment For High Cholesterol...

- All drugs may have side effects, so talk with your doctor on a regular basis.
- Once your cholesterol levels have improved, your health care provider will want to monitor them.
- Lifestyle changes are just as important as taking medicines.



Treatment For High Cholesterol...

- **Work With Your Health Care Provider:**
 - ▶ You and your healthcare professionals each play an important role in maintaining and improving your heart health.
 - ▶ Know how to talk with your health care provider about your cholesterol levels and be sure you understand all instructions.
 - ▶ Follow your plan carefully, especially when it comes to medication — it won't work if you don't take it as directed.



How To Cook Healthy...

- [American Heart Association:](#)
- [Cooking Channel:](#)
- [Discovery Health:](#)
- [Food Network:](#)
- [Heart Smart Shopping:](#)
- [Weight Watchers:](#)



Source:

- American Heart Association
 - www.americanheart.org
- Centers For Disease Control
 - www.cdc.gov
- National Heart, Lung, and Blood Institute
 - www.nhlbi.nih.gov

