Cholesterol



WHO

Everyone, especially if family history.

WHAT

A fatty substance in the blood. Too much builds up and clogs arteries.

WHY

High cholesterol leads to heart attack and stroke.

WHEN

If family history start testing by age:	Starting age for everyone:	Since levels shift quickly with diet, weight, and hormones recheck every:
15-20 yrs	*20 yrs*	*1-2 yrs*

PREVENTION (Lifestyle Medicine)

- Eat **fiber-rich foods**: beans, greens, okra, oats.
- **Swap fried** for baked or grilled.
- Use **nuts, seeds, olive oil** instead of butter/lard.
- Add **fish** 1–2 times per week.



Tip
LDL = litter
HDL = helper.

NUMBERS (How to Read Them)

Total cholesterol

All cholesterol together.

Under **200 mg/dL** is healthy.

LDL ("bad" cholesterol)

L for **"lousy."**

Clogs arteries.

Lower is better **(<100 mg/dL)**.

HDL ("good" cholesterol)

H for **"healthy."**

Cleans up cholesterol.

Higher is better **(>60 mg/dL)**.