

# Management

<b>Diet</b>	Eat a healthy diet of fruit, vegetables, whole grains and low in processed and fatty foods.
<b>Exercise</b>	Helps to increase HDL, which will lower LDL.
<b>Maintaining</b>	A healthy weight.
<b>Quitting</b>	Smoking.

Sometimes a healthy lifestyle isn't enough to manage your cholesterol. Your doctor may prescribe you medication – take this as directed, in addition to making lifestyle changes.

For more information visit:  
[www.heartandstroke.ca](http://www.heartandstroke.ca)

## Our Services

The Mobile Clinic can provide the following services in your community:

### Point of Care Testing

Simple blood test that will tell you your cholesterol level in minutes!

### Blood pressure reading

### Diabetes Risk Assessment

Reference: Managing Cholesterol, Heart and Stroke Foundation



# CHOLESTEROL THE BASICS



## What is it?

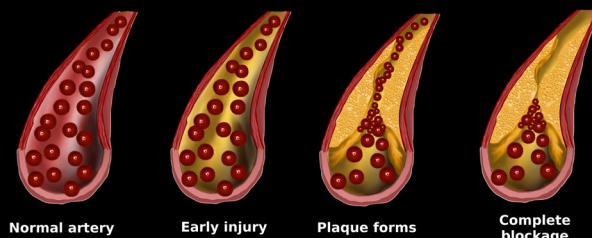
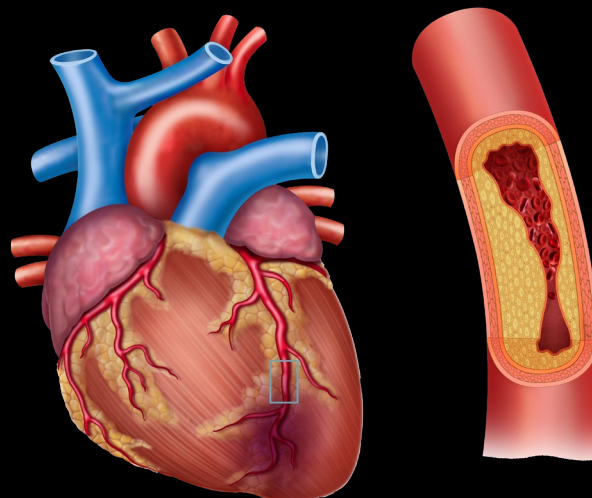
**Cholesterol** is a type of fat found in your blood. You may also hear it referred to as **lipids**. Cholesterol is naturally made by your liver, but also comes from the foods you eat. Foods containing cholesterol are **poultry**, **dairy** products, **meat** and **eggs**. It is important to body functions, but can be harmful if certain types are too high.

## The good and the bad

Two types of cholesterol are **HDL (high density or "good cholesterol")** and **LDL (low density or "bad cholesterol")**.

High levels of **LDL** lead to the buildup of a fatty plaque in your arteries (a disease called **atherosclerosis**). This build up blocks blood from going to important organs, such as your heart and brain. This can cause chest pain (angina), **heart attack** or **stroke**.

# Atherosclerosis



High levels of HDL help to remove the bad cholesterol!

This helps lower your risk of atherosclerosis, heart attack and stroke.



## Risk Factors

- Age (men over 40, women over 50 and/or post menopause)
- Having high blood pressure or diabetes
- Waist circumference greater than 94 cm (37 inches) for men and 80 cm (31.5 inches) for women
- Smoking
- Erectile dysfunction
- Family or personal history of heart disease or stroke