



# To Your HEALTH



WELCOA'S ONLINE GENERAL WELLNESS BULLETIN

## Did You Know?

According to the Centers for Disease Control and Prevention (CDC), high cholesterol affects about 20% of adults over the age of 20 in the United States. The highest prevalence occurs in women between the ages of 65 and 74.

The World Health Organization (WHO) reports that high cholesterol contributes to 56% of cases of coronary heart disease worldwide and causes about 4.4 million deaths each year. In most parts of the world, the number of female deaths attributed to high cholesterol is slightly higher than the number of male deaths.

High cholesterol can be managed. The information in the feature article on this page will help you better understand what cholesterol is and the steps that you can take to make sure that your cholesterol levels are what they need to be.

Live long and live well!

Source: <http://cardiologychannel.com/hypercholesterolemia/>

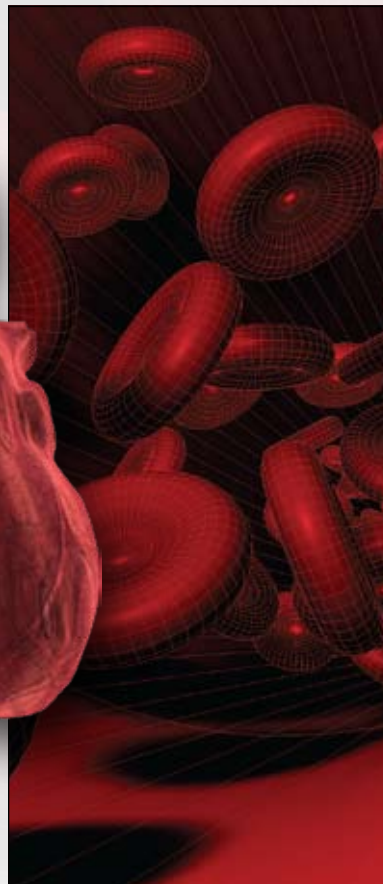
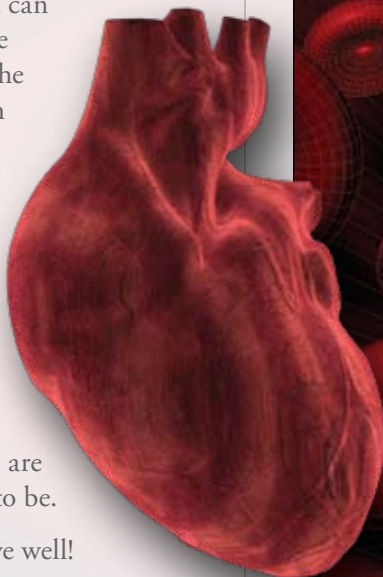
## Understanding Cholesterol

**T**oo much cholesterol (ko-LES-ter-ol) in the blood, or high blood cholesterol, can be serious. People with high blood cholesterol have a greater chance of getting heart disease. High blood cholesterol itself does not cause symptoms, so many people are unaware that their cholesterol level is too high.

### What Is Cholesterol?

To understand high blood cholesterol, it is important to know more about cholesterol.

- ♥ Cholesterol is a waxy, fat-like substance that is found in all cells of the body. Your body needs some cholesterol to work the right way and makes all the cholesterol you need.
- ♥ Cholesterol is also found in some of the foods you eat.
- ♥ You use cholesterol to make hormones, Vitamin D, and substances that help you digest foods.



Blood is watery and cholesterol is fatty. Just like oil and water, the two do not mix. So, in order to travel in the bloodstream, cholesterol is carried in small packages called lipoproteins (lip-o-PRO-teens). The small packages are made of fat (lipid) on the inside and proteins on the outside. Two kinds of lipoproteins carry cholesterol throughout your body. It is important to have healthy levels of both:

- ♥ **LDL (low density lipoprotein)** cholesterol is sometimes called "bad" cholesterol. High LDL cholesterol leads to a buildup of cholesterol in the arteries. The higher the LDL level in your blood, the greater chance you have for getting heart disease.
- ♥ **HDL (high density lipoprotein)** cholesterol is sometimes called "good" cholesterol. HDL carries cholesterol from other parts of your body back to your liver. The liver removes the cholesterol from your body. The higher your HDL cholesterol level, the lower your chance of getting heart disease.

Source: National Heart, Lung, and Blood Institute

